



**Newsletter — August 2025 Issue**

# **The Back-to-School Reset: Calm, Confident, and Ready**

The alarm clock buzzes. Again.

You roll over, fumble for the snooze, and realize—it's not summer anymore.

Down the hall, one kid's putting on mismatched socks and the other is still half-asleep with a toothbrush in hand. Somewhere in the kitchen, the cereal box has spilled and the lunchbox is missing.

And still, somehow, this is exactly how it's supposed to go.

The back-to-school season isn't perfect. It's messy, loud, emotional, and—if you let it—it's also a moment of growth for everyone. The truth is, your kids are watching you more than they're watching the clock. Your calm nod at the door means the world.

So build the routines. Let them carry their own bags, even if they're heavy. Stay connected, even when the conversations are short. And when the day goes sideways, know that it's all part of the stretch.

This season isn't about perfect parenting. It's about steady love, deep breaths, and showing up again tomorrow.  
Lunchbox or not.

## **Five to Thrive: Your Back-to-School Parent Cheat-Sheet**

### **1. Kids take their emotional cues from you.**

- If you approach school with calm confidence, they will, too.

### **2. Routines are your superpower.**

- A consistent sleep, meal, and homework schedule helps kids feel secure and focused.

### **3. Independence builds confidence.**

- Let children take ownership of their backpacks, lunches, and checklists—mistakes are part of learning.

### **4. Communication is everything.**

- Stay connected with teachers and listen closely to your child's words and behavior.

### **5. Growth is not always linear.**

- Some days will be hard. That's normal. Celebrate effort, not just achievement.

# Expert Tips for a Smooth Transition

This week on the podcast, Rachel Poirier, M.Ed., shares expert back-to-school tips to help ease anxiety, build routines, and support executive functioning skills.



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“I have never let my schooling interfere with my education.”

— Mark Twain

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Happy August!



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