

Caregivers: It's Back-to-School Time!

The following considerations may prove helpful to caregivers as you plan and prepare for students returning to the classroom:

Build Healthy Routines

The [Supporting Youth Mental Health On-Demand Webinar](#) provides guidance on building habits to support the mental and emotional health of students.



Communicate With Your School

This [parent checklist](#) features questions you can ask school staff members in order to stay informed and keep the lines of communication open.

Talk About Stress, Safety, and Mental Health

Take time to address any concerns or anxieties with your student regularly. [Section 2 of the Trauma-Informed, Resilience-Oriented Schools Toolkit](#) provides tools and tips for teaching emotional regulation.

Stay Connected with NCSS!

For additional resources and support, visit our [website](#) or contact us at schoolsafety@umich.edu. Subscribe to our [weekly newsletter](#) to be notified of upcoming school safety trainings, opportunities, and new learning materials.

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About the National Center for School Safety

The National Center for School Safety (NCSS) is a Bureau of Justice Assistance-funded training and technical assistance center at the University of Michigan School of Public Health. As a multidisciplinary, multi-institutional center focused on improving school safety and preventing school violence, the NCSS team is composed of national leaders in criminal justice, education, social work, and public health with expertise in school safety research and practice. NCSS provides comprehensive and accessible support to Students, Teachers, and Officers Preventing (STOP) School Violence grantees and the school safety community nationwide to address today's school safety challenges. NCSS serves as the national training and technical assistance provider for the STOP School Violence Program.

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