

# How to Cope With the Back-to-School Blues

*Friday, September 7 2018, 10:24 AM*

---

EDUCATION/MIDDLE SCHOOL

# How to Cope With the Back-to-School Blues

How parents can help when the first few weeks in school don't go as planned

BY GEMMA ALEXANDER

PUBLISHED ON: SEPTEMBER 07, 2018



**DON'T MISS A THING.** Sign up for your weekly dose of parent fuel and local adventures.



The first day of school is exciting and scary for kids and parents alike. We've