



# SUPPORTING MY CHILD BACK TO SCHOOL

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Tips to support your family and your  
child in going back to school and  
transitioning to school!!

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Connecting Together







- 1) Take the time to discuss going back to school or daycare
- 2) Set up a visual routine 1 week before expected to return (level 2)
- 3) Show your child pictures of school
- 4) Communicate with teacher (ask them for photos)







5) Begin setting up routine, e.g waking at correct time, packing bag, packing lunch, and take a walk (as if leaving for school) at the time they would leave normally

6) Visit school or daycare if possible

7) Show where to place bags and where toilets are







8) Create a photo book or look  
at photos of centre online  
(website)

Answer any questions they may  
have and reassure them of  
safety measures







Allow them space in first weeks  
returning back to routine, set up  
calming and de-sensitisation areas,  
model calming strategies and  
communicate with them how we  
are all feeling

It is okay for us to not feel back  
to normal straight away and it is  
okay to feel tired/exhausted  
(parents also!).

