

SUPPORTING MY CHILD BACK TO SCHOOL

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

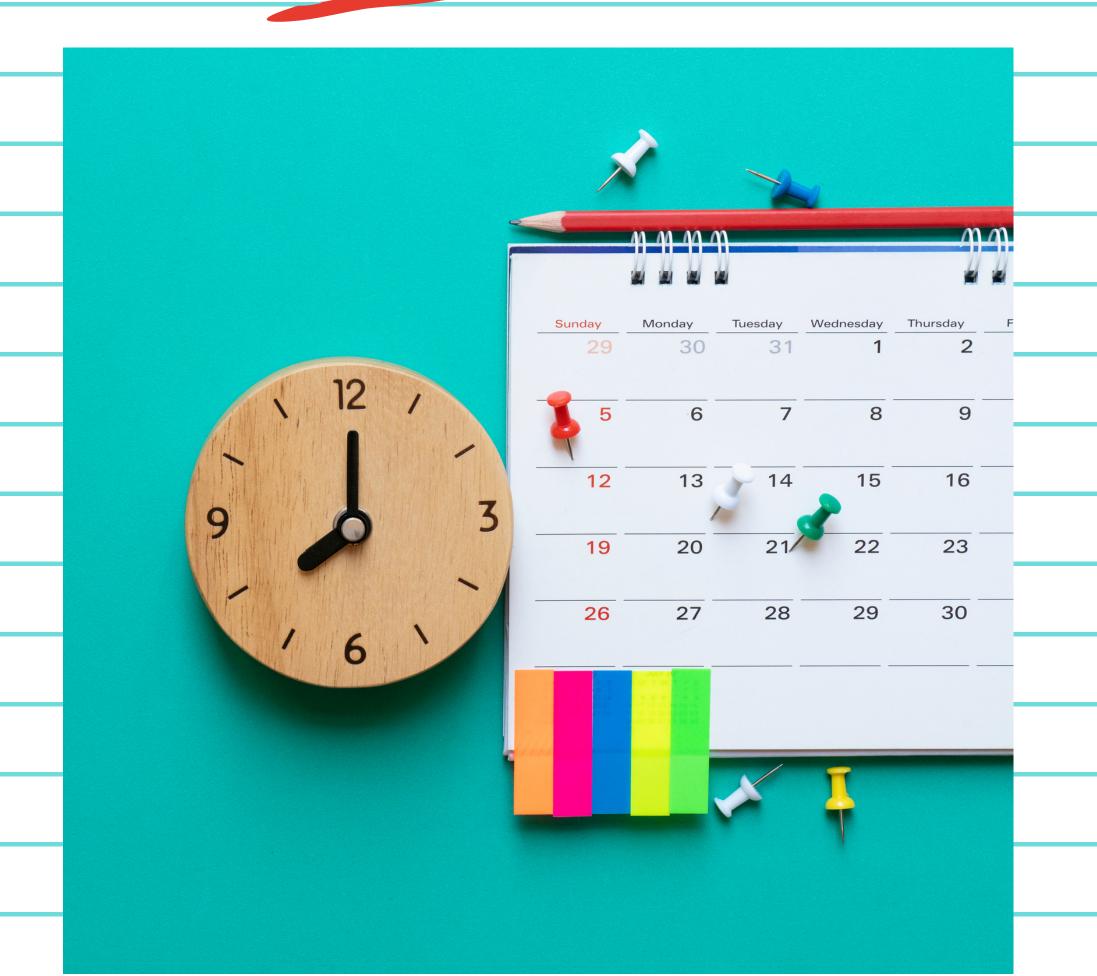
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1) Take the time to discuss going back to school or daycare
2) Set up a visual routine I week before expected to return (level 2)
3) Show your child pictures of school

4) Communicate with teacher (ask them for photos)





- S) 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!).

