

Having been at home for some time; making the move back to school can be daunting and will need some preparation. Here are some top tips to help!

## Top tips:

- 1. Start at least a week before getting the bedtime routine back into force gradually reduce the late nights and set the alarm back on for the mornings
- 2. Look through the school website with your child look at the year group pages. We want them to feel part of the school community.
- 3. Have structure to your day ensure there are boundaries; in particular for snack and lunchtime. Set the expectations.
- 4. If your child needs a visual timetable contact school about having this prior to starting back planning is key and will reduce anxieties
- 5. Make contact with key staff can they send a note? video call? It is important for your child to have a key member of staff they can go to in times of difficulty
- 6. Talk to them about starting back at school what things are they looking forward to, are there any worries address these and acknowledge that it may be tough but you are there for them
- 7. Let the school know how things have been for you at home. Any difficulties they should know about? New likes or dislikes?
- 8. Help your child to get ready to go back to school get uniform out, try it on, school bag ready, equipment needed







## Things to consider within the classroom:

Buddy system

Individual work space

Visual timetable

Walk of the school

Sensory breaks

Check-in at the start of the day and after breaks

Practice Self-regulation techniques - breathing, using senses,

Break things into small steps/ chunks

Consider the use of a calm box



