



# BACK TO SCHOOL FACT SHEET

## Tips and Tricks for Transitioning Back to School

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Transitions can take up a lot of energy and effort, as we adjust to new routines. Even though returning to school might be a familiar routine, it is beneficial to proactively prepare children for this change. For children who are starting school for the first time – extra preparation can be helpful to support this transition. Here are some ideas to guide you at this time of change.

### Before Returning to School

**Re-establish Routines:** Begin to resume the rhythm of the term time routine, including morning routines, bed time and screen time limits.

**Create end of holidays rituals to help with transitions:** This is a lovely way to share stories, reflect on the holidays and begin talking about the year ahead. Ideas such as a special dinner or drawing together.

**Tune into your child's experiences and use emotion coaching:** Returning to school can be a difficult time which can bring up lots of different feelings. Use emotion coaching and check in with how your child is feeling. This helps them notice, name and normalize their feelings.

**Visit the school:** Take your child to visit the school before returning (if you have time). This could be an opportunity to walk them past their new classroom or play on the playground together.

**Talk through the facts:** This can help children prepare for what to expect. Writing a letter or creating a drawing for their new teacher can be a great way to develop their connection.

**Talk through the timetable:** If known, print off and talk through the timetable for the school week.

### Back to School

**Keep the first weeks simple:** Try to keep your home timetable simplified during the first few weeks to help your child (and you) ease back into the school routine. If possible, put a pause on extracurricular activities for a couple of weeks.

**Battery check in:** Your child's battery will be low as they adjust to school life, be prepared for more emotional children who need patience, presence, love and support.

**Introduce 1:1 special time:** After school has returned, try to schedule in some 1:1 time with your child so that you can re-connect and acknowledge the recent changes. Perhaps you could chat informally while playing a game together or use journaling to talk through any emotions or fears regarding the return to school.

**Gratitude Practice:** Introduce gratitude practice and reflect on what went well during the school day. This could be introduced into your after-school routines such as at the dinner table or before bed.

