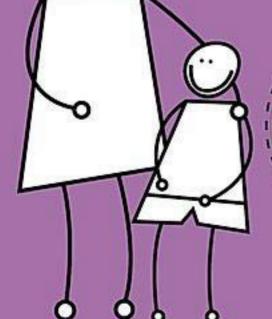
## Helping your child back to school

Plan ahead together try using pictures...

...the
morning
routine, their
uniform, the
journey to
school

Focus on what you both **can** do

Not
everything
will be different the staff, building
and some
routines will still
be familiar



Give praise when they talk about a worry

It's OK to feel worried about change let them know that!