



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!

