

# Back to School



As your child prepares to return back to school, here are some helpful tips for you to consider.

## Get back into the bedtime and mealtime routines

A week before school starts, plan to get back into the bedtime and mealtime routines (especially breakfast). Prepare your child for this change by talking with them about the benefits of school routines, mainly that they won't become over tired or overwhelmed by school work and activities.

## Arrange any medical check ups

Arrange any medical checkups early, if possible, before term starts. Your child will benefit if you can identify and begin addressing any potential issues before school starts. You can also begin to write down any concerns, old or new, so that staff can be informed immediately on return to school.

## Review the amount of screen time your child is accessing

Start to limit the overall amount of time your child has access to computers, iPads, smartphones and television. Try to encourage your child to play games, do puzzles, or read as this will help ease your child into the school routine. If possible, maintain this throughout the school year. If your child has sleep problems consider stopping the use of any screen devices an hour before bedtime.



## Visit school with your child

If your child is anxious about returning to school, visit the school with your child. Even if you are not able to access the building, an opportunity to walk around the surrounding area of the school can be reassuring.

## Review your child's school work

Talk to your child about what they learnt last year and share your enthusiasm for the subjects. Emphasise that there has been progression throughout the school year and learning skills takes time and practice. Encourage your child to be patient, attentive and positive.

## Plan your home routine

Children and young people find comfort in routine. Creating a plan for doing homework, going to bed, waking up, eating breakfast and taking showers can make the daily routine easier. Ask your children to be involved in making the plan as this can make the routine less frustrating for them.

## Overcoming Anxiety

If your child is anxious about school, emphasise their ability to cope. Children can absorb their parent's anxiety, so display optimism and confidence for your child. Let your child know that it is natural to be a little nervous on their return to school and that they will feel better when they become familiar with school friends, their teacher and school routine.