



Back To School Guide



Back To School



Witherslack
Group



Preparations



Check out our top tips for parents and carers to help put the cheer in to the new school term!

Talking to your child

- 1** Discuss what will happen on your child's first day at school, including what time they will wake up, when they will set off, who their teacher is going to be etc.
- 2** Talk through what they learnt last year and share your enthusiasm for the subjects.
- 3** Emphasise that there has been progression throughout the school year and learning skills takes time and practice.



Limit screen time



Reduce the amount of time your child has access to computers, iPads, phones and television. Encourage your child to play games, do puzzles, or read, as this will help ease them into the school routine.

Visit the school

Even if you are not able to access the building, an opportunity to walk around the surrounding area of the school can be reassuring.



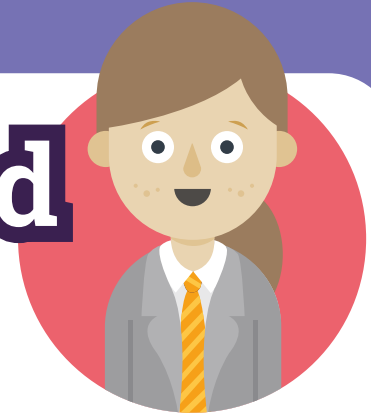
Arrange appointments

Arrange any medical check-ups before the end of summer, ready for the new school year. Your child will benefit from knowing of any health issues before the new term.

Write down any new concerns or changes in your child's life so that staff can be informed immediately.

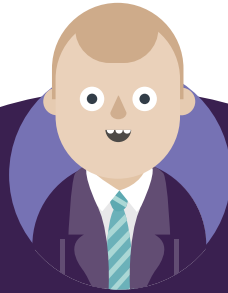


Getting dressed for school



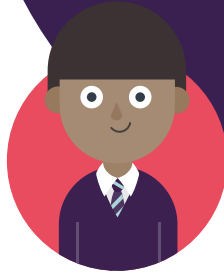
- ✓ Wash and prepare uniform in advance so it is soft, clean and comfortable.
- ✓ Get dressed in the same place each day, keeping a consistent routine.
- ✓ Help your child to organise their clothes prior to putting them on.
- ✓ Point out which is the front and the back every time your child puts a garment on.
- ✓ Provide verbal cues by talking your child through the steps, use physical cues by putting your hands over your child's hands to help them get dressed, and offer demonstrations by putting your clothes on at the same time.
- ✓ Break tasks down into small steps. Successfully completing tasks will help build their confidence and self-esteem.





Have a wonderful new school term

For more advice and support, visit
witherslackgroup.co.uk/advice-and-support



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