



## TIPS FOR BACK-TO-SCHOOL TRANSITION

### Schedule a meet up with a school friend

Seeing friends from school can help them to feel a little less anxious and to get excited about being back at school with friends

### Social Stories

Develop social stories tailored to your child's needs that explain what will happen during the school day, including potential changes from last year.

### Listen and reassure

Don't avoid the topic. Make sure to listen to any worries they have. Reassure them that you will support but don't make false promises.

### Discuss and Manage Expectations

Talk with your child about what to expect. Be clear about any changes, like a new teacher or classroom and about the things that will stay the same.

### Gradual Routine Reintroduction

Gradually shift bedtime, wake-up times, and mealtimes to align with the school schedule. This helps ease the transition.

### Use of Comfort Items

Allow your child to take a small comfort item from home, such as a favourite toy, piece of fabric, or picture, to help ease anxiety during the school day.

### Visual Schedules

Create a visual schedule for the school day. Include pictures or symbols that represent different parts of the day, like waking up, breakfast, school, and after-school activities.

### Write a letter for the teacher

What did they enjoy? Any difficulties they had. How do they feel about going back to school? Have you identified any new sensory issues?

### Bake cookies or take sweets for day one

Having a gift to share with their class can create a sense of excitement and anticipation.

### Relaxation Techniques

Teach and practice relaxation techniques, like deep breathing or mindfulness exercises, that your child can use if they feel overwhelmed at school.

