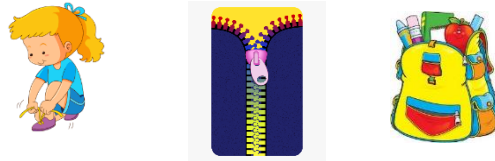


Talk through things that have changed since your child was last in school, for example different entry and exit to school. However, also remind them of all the things that have stayed the same, such as uniforms, journey to school etc.



Start practising any skills that help with independence such as packing and finding things in their bag, getting dressed for school and tying shoelaces. These are skills that they might already have but have not been using as much.



Talk about feelings! Find out if your child has any concerns about returning to school. Reassure them, but also make sure that you explain that things will be different. Continue to check in on worries and anxieties once they are back at school.



Drive or walk the usual route to school. This familiar journey before returning will help to ease the anxiety some children may feel about returning to school.



Preparing children for the return to school

henshaws
beyond expectations

Re-establish a good bedtime routine if things have become a little more relaxed during lockdown.



Speak positively about the return in front of them. Be honest with them about the changes but manage their fears at an age appropriate level. Write a list of all the things they are looking forward to when they return to school.



Remind them of all the ways they have learned to keep themselves safe: regular hand washing, sneezing and coughing into elbows, not hugging other children etc.



For children anxious about leaving a parent, swap an item with them in the morning, and remind them that you will swap the item back once school finishes. This “connector” creates a link and security throughout the day.