

Going back to school.

Here are some recommendations to help you support your children's transition back to school.

Prepare in Advance

Talk to your children about their first day back and what will look different. Let them help you prepare their uniforms, school bags and lunch boxes. It is very important for children to be part of this preparation as it allows them time to adjust to this change. Let them know about all the little changes that might occur at school. Use facts with a calm comforting voice.



Use our Social Story we created to help with that.

Create Routines

A few days before school starts make sure you start incorporating some of the school routines. Sleeping and waking up earlier. Eating breakfast, limiting screen time. etc.

Visual schedules are great in helping with these routines



Listen to them

Talk to your children about their return to school and listen to their worries, fears or excitements.

Ask: *"How do you feel about going back to school?"*

Assign a time (5-10 minutes) where you can give them your full attention. Use paper, playdough or Lego and chat while you create things. If they are feeling worried, Say: *"It's a big thing going back to school and it's OK if you feel a bit worried. That's really understandable and normal."*

Come up with some coping skills together.

Manage your own emotions.

You might also be feeling anxious about your children returning to school (Completely normal). It is very important to manage those feelings as your children will probably pick up on them. If you are excited and relaxed about them going they will also model that. Kids are very resilient and adapt easily.

Show your kids what you do to manage your worries and come up with some coping skills together (ex. deep breathing together, dance party or sing along in the morning).

If you are finding that your anxiety is getting the better of you seek support.

Physical Health

Make sure your kids are getting enough sleep, eating healthy and limiting their sugar and caffeine intake. Find some 15 min kid friendly workouts or dance on YouTube and get them moving.



Here are some of our favourites.