**Returning to School: Support for parents and carers**

School closing was a big adjustment for children and adults alike. Returning to school is again another big transition which may cause anxiety and worry amongst children and adults.

Below are some suggestions for how you can help your child adjust to returning to school following the closure:

* Take your child for daily walks past the school if possible. This can lead to conversations about returning to school.
* When you know the date your child will return to school, use a countdown calendar to indicate the run-up to starting back to school.
* Re-familiarise your child with morning routines for school e.g. getting up and dressed in time for school.
* Try to replicate school lunchtimes, for example, they could have lunch from their lunchbox as they will be doing at school.
* Try to complete at least one focused daily activity at home- use timers or visuals to ease transition back into focused work. E.g. “you need to do this for 20 minutes”.
* Complete the ‘I’m going back to school’ workbook with your child and use this as a talking point about returning to school.
* Discuss the changes to school that have been made. Information and resources will be provided by your child’s class teacher.
* Communicate with your child’s class teacher or other school staff about any significant events or changes that have happened over the school closure.