

Back to School Top Tips

- Once we know school is starting again, it is time to start to talk about it with your child.
- Use a calendar to start the countdown for going back to school.
- Get your child to tick off each day as it passes.
- Start to get your child back into the school routine i.e. going to bed earlier, show uniform that needs to be worn, have a good morning routine.
- Start to drive past the school to help your child get into the way of the school run.
- On the week of school beginning use a weekly planner to show what day school is starting on, alongside the calendar.
- Have a picture of something your child loves to do under the school picture as a reward for attending school i.e., going to the park, shop for sweets etc.
- Use social stories to explain why it is important to go to school.
- If possible, go onto school website to show who their teacher is going to be.
- Check with school if you can visit it before hand to show your child their classroom and where they will be sitting.
- Remind them of all the fun things they do in school, i.e., see friends, play outside, draw/paint etc.
- Share with the teacher (through phone call or meeting) what your child has been up too and how they got on with the schoolwork at home.
- With your child talk about what they have done while not being in school and that their teacher is excited to hear about it.

Uniform Top Tips

- Discuss with your child what they need to wear to school.
- Ask your child if they can find their uniform.
- If required ensure any new items are washed in the usual detergent to support sensory needs.
- Start to have the uniform visible again to your child, i.e., hang it in their bedroom, leave it on a chair for them to see.
- Show pictures to your child of them in their uniform, remind them that they have worn it before.
- Try uniform on gradually and increase, i.e., socks on one day, then socks skirt/trousers the next day.
- Practise putting the uniform on but also taking it off especially their school jumper, in case they get too warm in the classroom and do not like asking for help.
- Put their name on the uniform to help them know that it belongs to them or alternatively use a favourite sticker to place on uniform, i.e., dinosaur stickers. This could also be used as a motivator to wear the uniform.