



School Transition

Top Tips

With schools set to reopen fully in September, it is important to start thinking about creating a gentle transition back to the school routine.

Many children will not have been to school in over five months and even those who are looking forward to returning may still need some extra support with such a big change. Below are some of our top transition tips to help you family manage this time.



Routine

Think about your current daily routine. During lockdown it is likely that you have had far more flexibility with the timings and structure of your day. It can be helpful to begin getting back into the routine of a school day.

Even if it is just thinking about bed and wake up times. Use a timetable to show these changing and introduce them slowly. If one of the adults in the house is returning to work, reflecting this on a calendar/timetable can ease anxiety of them not being at home.



Reassurance

Your child has gotten very used to spending a lot or all of their time at home with their family. It is natural for them to feel a certain amount of separation anxiety. Be open to talking about how you are all feeling and take the time to listen to any worries your child might have.

- Decide on a way to keep you connected when you can't be together in person.
- Draw a symbol in pen or put a temporary tattoo on somewhere discrete on both of you - your child can then press it to send you love or an imaginary hug.



Have a
good day
at school
xx

- Put a small favourite family photo in their bag, or on a keyring.
- Wear something matching - this could be as subtle as wearing the something of the same colour, to wearing a matching t-shirt under their uniform.
- Each have half of something - much like a "best friends" necklaces, each have half of an item that you can put back together when you see each other. This could be as simple as a drawing which you cut in half.
- Leave them a note in their bag, reading book or lunch box - this could be a short message or a little drawing.





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Reminisce

Talk about things they enjoyed at school and things that they are looking forward too. If possible look at photos or videos of school friends/staff.

You can often find photos on the school website that can help them remember what things look like. Talk about things that will be the same as before when they return.

Reconnect

This could be reconnecting with school friends in person (sticking to social distancing rules) or via video call. Or perhaps write a letter or record a message for their classmates or new teacher. Even just taking a walk to the school or getting some new school supplies help reconnect with the feeling of going back.

Rehearse

Practise new rules - such as ways to connect with people without touching/getting too close. Learning how to follow arrows/signs can be turned into a fun game - use masking tape to mark out a route around the house, which could double up as a scavenger hunt.

If the school staff will be using PPE -

practice showing your child what it is and that they are still the same person with or without it. Younger children may want to put a mask on their teddy or doll.

Reliable

In times of transition and change having something that stays the same and we know we can rely on is important. Some children may become more rigid in their routines to try and gain a sense of control, so pick your battles.

Sometimes a child might want to watch the same video/film repeatedly over several days or want the same thing for dinner every night that week, it may just be their way of having a level of certainty in their day.

Relax, Rest and Recharge

With the future still uncertain and lots of big changes for everyone, it is natural that we are all feeling some level of anxiousness.

So try to build in some down time for everyone, parent's included! Take time to still do the things that you enjoyed doing as a family whilst in lockdown, even if it is spending the day in your pyjamas watching films.

