










## Helping Your Child Return to School

Below are some simple activities you can do to help prepare your child for returning to school, so they are ready and happy to face the first day back after lockdown.

Could you have a go at completing three or four of them before Monday 8<sup>th</sup> March?

Activity to do with your child	How will this help?
<b>Make a countdown calendar</b> 	<p>Children may cope better if they can see a visual reminder of when they will return to school. Make a chart with numbers on for your child to cross off each day.</p>
<b>Make a snack</b> 	<p>After the last lockdown many children found it hard to adjust to not being able to eat snacks as freely as they do at home. Make a snack together with your child and talk about the difference between home and school. Try to introduce a regular daily snack time at home to help your child prepare for school.</p>
<b>Share a bedtime story and start to think about the bedtime routine</b> 	<p>Your routines will probably have changed over lockdown so start to think about school night routines and bedtimes. Make bedtime 10 minutes earlier over a few (or several) days until you are back in the school routine.</p>
<b>Getting dressed treasure hunt - start to think about the morning routine.</b> 	<p>Getting out the door on time is always a challenge so start to think about getting up and dressed and ready for the time you will need to leave the house. Place your child's clothes around the house to make a getting dressed a fun treasure hunt! Think about getting your child's uniform ready and check it still fits! Can your child practice putting it on? Can your child do it before the end of a song? Write names on the labels together.</p>
<b>Make a card or picture for a friend</b> 	<p>Learning how to be with your friends again is an important part of going back to school. How can your child make connections again - phone calls, walking past their house to say hello, facetime call etc? Have a go at making a card or picture for a friend and post it through their letterbox.</p>
<b>Send a message to your teacher/ TA/another adult at school</b> 	<p>Making connections with adults in school will be so important for your child - relationships are the key to our children managing this pandemic. Send a message to an adult at school that your child likes - tell them what you have been doing, tell a joke, or tell them an interesting fact. Email it or post it through the letterbox.</p>
<b>School walk</b> 	<p>Your child might not have seen school now for several weeks. Go for a walk past and play games along the way - looking at numbers on doors, how many parked cars on this road, how many windows in school can we count? Talk about road safety.</p>
<b>School dinner or lunch box</b> 	<p>Lunchtime is a big part of your child's school day. Talk today about what happens - what do they like, any worries. Make lunch/packed lunch together and sit at a table to talk about school lunchtime.</p>
<b>Hand washing and water play</b> 	<p>Washing hands will still be an important part of school routine after lockdown. Set up a sink or washing up bowl with warm water for some water play and practice washing hands.</p>

These activities combine play and preparing for a return to school. Most children will return happily, ready to be with their friends and teachers again. If your child is showing a really strong emotional reaction to talking about going back to school, contact your child's teacher so a plan for returning can be discussed.