



TRANSITIONING TIPS

Transitioning back into the school year after a lengthy holidays may cause feelings of anxiety, especially for those who find adjusting to change difficult. After weeks of no home learning, no school and later bed times, it can be challenging to get back into the school routine. Here are some recommendations to facilitate getting back into school.

ROUTINE

- Get back to the day to day schedule
- Set bed and wake-times
- Reading books
- Less screen time
- Print a schedule to stick on the fridge



LISTEN

Discuss your childrens' day and allow them the opportunity to share any worries. Listen to your child's concerns and validate their feelings to show them you're listening and know they can handle it



HEALTHY EATING

A nutritious diet is important to keep an active body and healthy mind

- Be aware they are eating healthy
- Breakfast is an important meal of the day
- Provide ample food for recess and lunch to get them through the day



ACKNOWLEDGE

Recognise that going back to school may not always be easy. Listen to any worries and make a plan for dealing with these obstacles. Perhaps practice role playing with your child to help your child feel more confident to handle the situation if it arises



CHOICES

Allow your children to make choices to help them feel empowered. They can help

- Choose their breakfast
- Decide what they want to eat for recess and lunch
- Pack their school bags

ENCOURAGE

Focus on the positive moments and their strengths. Discuss the things your child is excited about - a new activity, or seeing their friends. Encourage participation in new activities

FROM THE COUCH OF YOUR PRIMARY SCHOOL PSYCHOLOGISTS

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