

Supporting your child's return to primary school in Term 2

- Pay extra attention to your child's emotional needs – ask them how they're feeling and listen to what they are excited or worried about.
- Be aware of your own behaviour – if you are worried, your child may be too! Be calm and positive when talking about your child's return to school.
- Reassure your child that being at school is safe and remind them what they love about school.
- Talk to your school to make sure you know what to expect when your child returns – including how to drop off and pick up your child.
- Put in place a “back-to-school” routine in your home – help your child to pack their bag, plan their lunches, get their uniform ready, and talk to them about what they do in their school day.
- Debrief about the school day when you pick them up from school. What was fun today? Was anything difficult?
- Have some family time after school – your child has probably missed being at home!
- Ask your school for support if you need it – staff at your child's school want this transition to be positive for your child and your family.

