

# Got It!



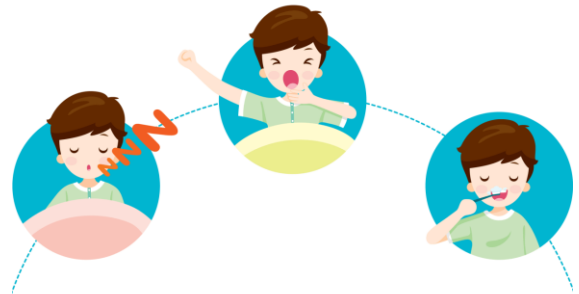
## Re-establishing routines

Will your child and family need some adjustment to get back into school learning?

Getting your child and family into a regular routine in the weeks leading up to returning to school will help make the transition and change easier to manage.

### The week before:

- Return to usual school day wake up, morning and bedtime routines.
- Ensure they are getting enough sleep.
- Practice having breakfast, lunch and snack times that coincide with typical school breaks.
- Create a calendar that counts down the days until their return.
- Practice getting ready to go to school e.g. finding their uniform and packing their bag.



### The day before:

- Include your child in packing their school bag and getting their uniform ready.
- Talk with them about the plans for the next day including the morning routine, what to expect when they arrive at school and afternoon pick up plans.



### The morning of:

- Allow extra time to get ready.
- Keep yourself calm to help your child remain calm.
- Repeat all the information you discussed with them the previous night about what their day will look like.

