TOP TIPS:

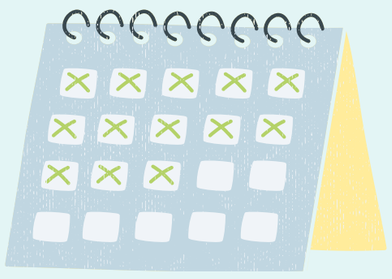
Crossroads Therapy Limited

Preparing your child for the new school year

Being organised and prepared for the first day of a new school year can help reduce anxiety and stress.

Count down

Complete a back to school count down by crossing off each day on a calendar. This allows your child to see the days left until the start of school.



Wash all school uniform

Ensure any new uniform has been washed at least twice to reduce sensory sensitivity - keeping it soft and smelling of familiar fabric softener. Wear-in new shoes, and make sure they can be fastened independently.

Sleep

Establish a healthy sleep routine at least one week before the start of school.

Support with packing their bags

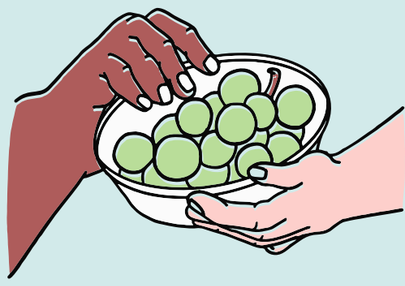
Support your child to pack their bag and ensure they are ready for their 1st day. Colour coding different subjects on timetables with corresponding coloured stickers on exercise books can help organisation for different lessons.

The school environment

Prior to the first day of school, walk the route with your child; point out the entrance door they will be using. Help them become as familiar as possible with the surroundings.

Food and drink

Dining areas can be overwhelming and intimidating. Giving your child a packed lunch on their 1st day will provide them an opportunity to observe the processes around purchasing food, prior to doing it themselves. It will also help to maintain their blood sugar levels throughout the day.



Routine

Routine helps to reduce anxiety as it is predictable. Plan a school-based routine with your child; have clear boundaries around bed times, phone use, curfews and homework.