

During the holidays most of the daily routines change and bedtimes, and meal-times can often vary day to day. Late mornings can follow late nights.

The start of the school year can be a shock to the system and feel a little like you have been on a long-haul flight.



## Ideas to Help:

- ✓ Try to fix bedtimes again and establish an evening routine.
- ✓ Drive by the school
- ✓ Take some time to talk through the day one to one – especially if you have more than one child so you can pick up early any concerns or worries your child may have.
- ✓ Mealtimes are a great time for family talk and ensuring your child has eaten enough especially if they are faddy eaters.
- ✓ Create a distraction free place for homework so your child gets used to a study setting.
- ✓ Label clothes. Practice fastenings, opening items such as lunchboxes and managing the toilet.
- ✓ Ask for the menu/mealtime arrangements from school so you can discuss this with your child, and they know what is on offer.
- ✓ Ask if you can have photos and names of teachers and children in the class (if allowed) to help your child remember who is who.
- ✓ Get the school timetable and put it in your fridge door to remind your child and you what lessons are on each day and when PE kit or other kit needs to be packed.
- ✓ Have a spare set of kit for school such as rulers and protractors to keep at home.
- ✓ If your child has a locker key, have a spare one cut.