

## Speech and Language Therapy

### Tips for parents on getting ready to go back to school

- Get back into routines as much as possible.
- Sleep patterns take several days to change, so start early shifting by about 15 minutes a day.
- Practice packing bags with your child - you could pack a bag to go out for the day - discuss what they may need, create a checklist with words or pictures.
- Try on the school uniform, or gym kits/football boots and practice changing and doing fastenings.
- Discuss changes so your child is aware of what the school day will be. Discuss any changes in timings, teachers or rules. Tell them what will be the SAME about their class or setting as well as what will be different.
- Discuss break times and play so they know they will stay in their class bubbles.
- Discuss lunchtimes and if your child will need to take a packed lunch - talk about what they would like in it.
- Make a book of their questions AND the answers so they can keep revisiting it.
- Get photos of key people and places.
- Acknowledge their anxieties and be confident and positive about the change yourself.
- Take a look at the exercises and activities also provided in this pack to do with your child.

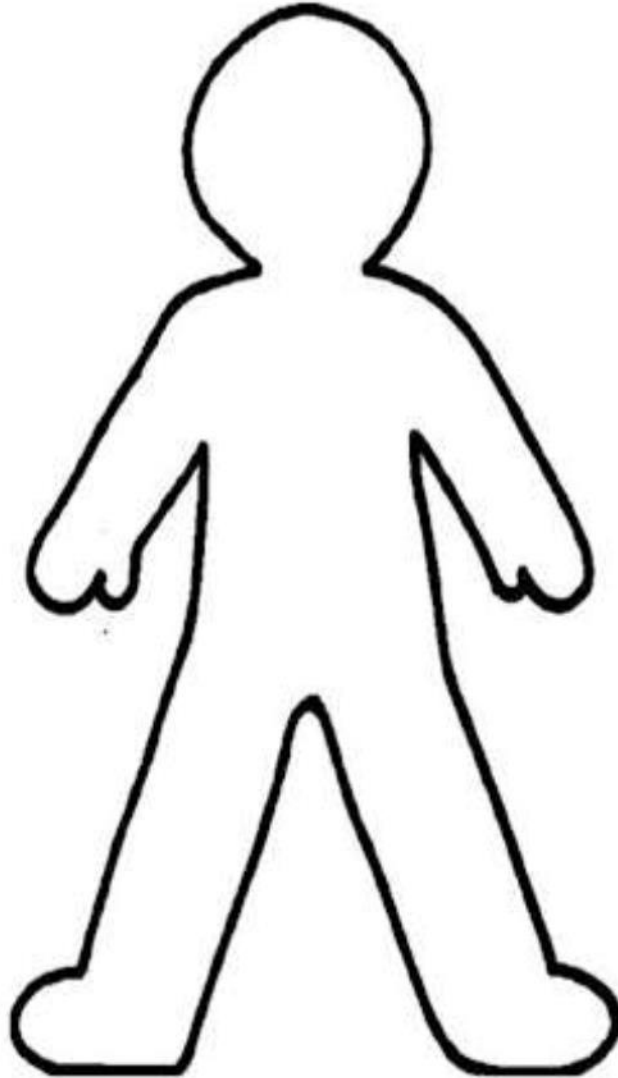
### Activities to help your child get ready for school

 <p>Draw a picture for my teacher</p>	 <p>Practice putting on my school uniform</p>	 <p>Wear my school shoes around the house</p>	 <p>Do a 'drive run' to school</p>
 <p>Look at a photo of something I did at school</p>	 <p>Clean my school lunchbox</p>	 <p>Talk to someone about my favourite things to do at school</p>	 <p>Buy some new pencils</p>

## My school clothes



Can you draw your new school uniform?  
Can you add a photo of your face?



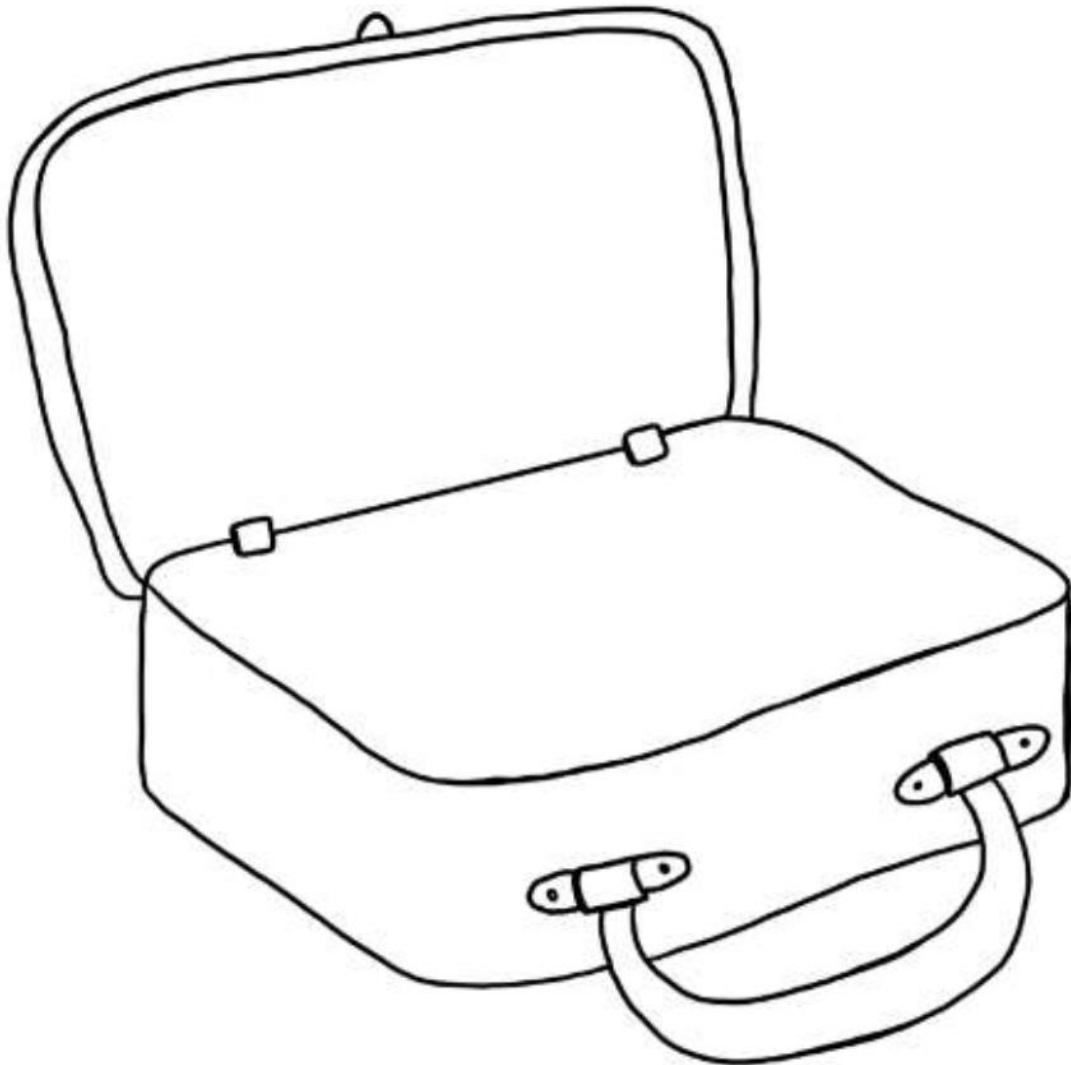
What do you like best about your uniform?



## My lunch



Can you draw all the things you would like  
in your lunch box?



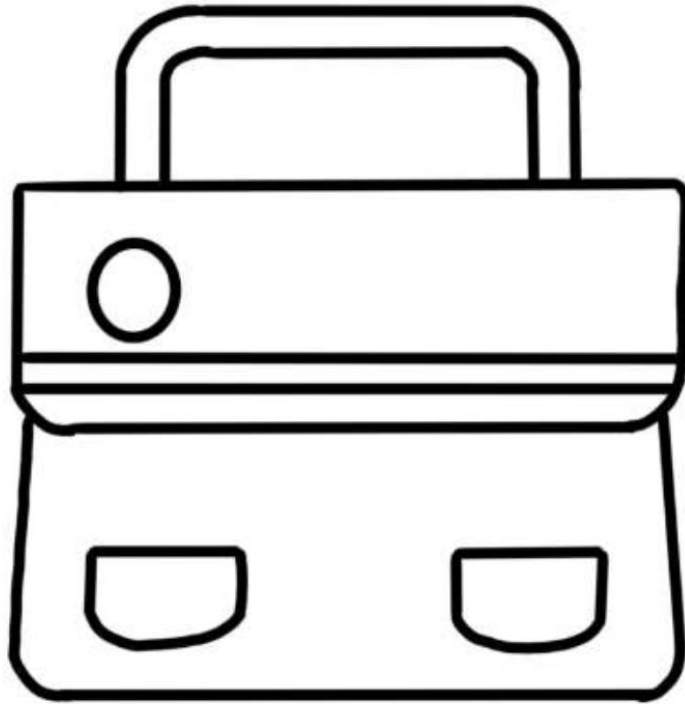
What is your **favourite** thing to eat for lunch?

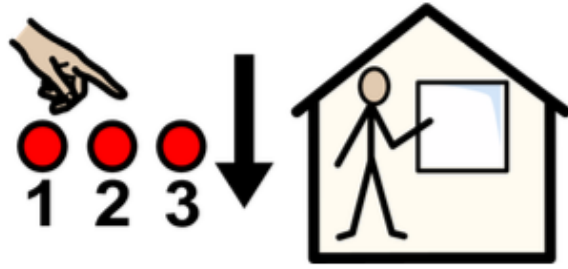


# My school bag



Can you draw all the things you need to take to school?





# My countdown to going back to school



10

9

8

7

6

5

4

3

2

1

