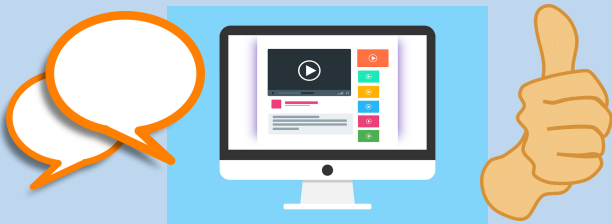


Top Tips - For parents & caregivers for back to school routine in September

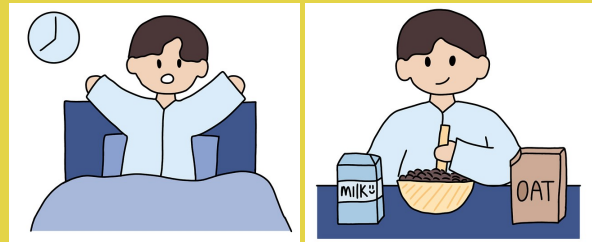
1

Talk positively and enthusiastically about the new school year. Visit the school's website.



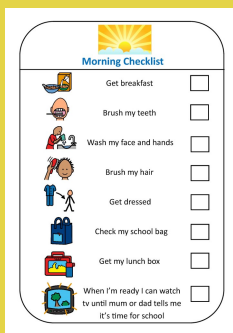
2

Get a routine in place from the start of term.



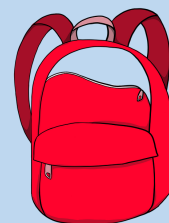
3

Use schedules or checklists for mornings and after school.



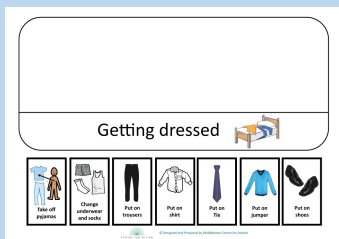
4

Pack schoolbags the night before and encourage independence by having a colour coded timetable easily accessible in the bedroom.



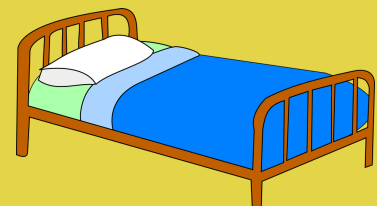
5

Lay out school uniform the night before, again teach independence – it will save time later!



6

Have a set bedtime and remove all screens or remotes. Start this the week before term starts.



Top Tips - For parents & caregivers for back to school routine in September

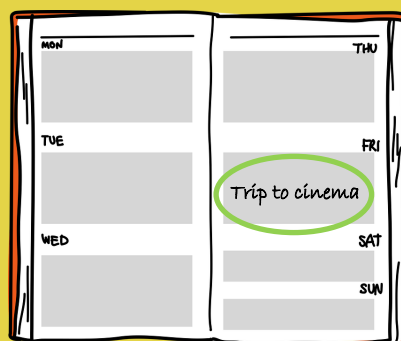
7

On arrival home from school schedule 'chill down time' (set amount) first then a specific homework time afterwards.



8

Plan at least one day free of schoolwork at weekends to do something fun.



9

Stay calm and don't put pressure on yourself. It will get easier.



10

Seek help or support if you need it from school or GP or counselling. Every day is a new start!



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