

Getting Ready for Going Back to School

Here are some suggestions to help your child prepare for returning to school....

Things to say

- Tell me the names of some of the children you might see when you go back to school or nursery?
- What do you enjoy talking to other children and teachers about?
- What are you most excited about?



Things to do

- Practise routines and make sure your child knows how important it is to wash your hands This video provides handy reminders: [NHS hand washing song](#)
- Encourage your child to go to sleep and wake up at a regular time
- Avoid snacking and get back to your usual meal times
- Practise morning routines, including getting dressed independently
- Talk to your child about the staff and children in their bubble
- Share any information you have about how things will work when they return, such as saying goodbye at the gate rather than you coming inside the playground.



Share this booklet with your child: [Welcome Back to St Clement Danes](#)



- Share a story together. Talking about worries or problems can help children to feel better. Sometimes they find this easier with a book. Take a look at this Wellbeing booklist for ideas from *The National Literacy Trust*: [Wellbeing Booklist](#)



BACK TO SCHOOL