

Preparing your child for the return to school after lockdown

Start with the familiar

Anxiety can often be linked to the unknown. Your child may feel reassured to know that some things have not changed. Below are some suggestions that may help your child to familiarise themselves with the school environment and staff.



A visit to school may be possible to familiarise themselves with the environment, see staff and get used to the school layout again.



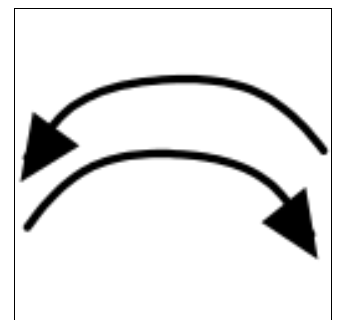
Request a virtual meeting with a key member of staff



If neither of the above are possible it may be possible for staff to take photographs or create a video of the environment

Discuss the changes in school

Some pupils are likely to take longer to adjust to the new protective measures in school. Reassure your child that all protective measures make it safer for children to return to school.



Liaise with your child's school to learn about the new protective measures being implemented.



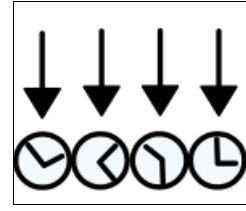
Discuss the changes and reasons for the new protective measures with your child. Please refer to the link below which helps to explain these to your child.

<https://www.autism.org.uk/services/helplines/coronavirus/updates/education-and-school/back-to-school-guide.aspx>

Support the Transitions



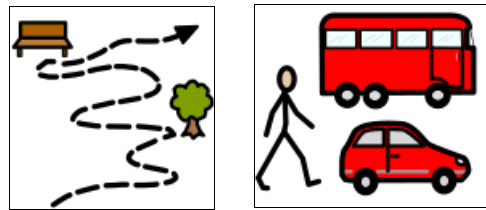
Use a calendar to countdown days until returning to school. This can also be used to add start/finish times if your child is having a staggered return to school.



Try to get back to your normal school routine - Getting up at the normal school wake up time, eating breakfast at the normal time.



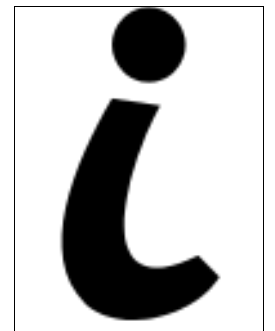
Liaise with your child's school about the current uniform policy. If your child is required to wear their uniform reintroduce the uniform and school shoes. Feel it, try it on, does it still fit?



Practice your usual journey to school

Share Information

Your child has been away from school for a significant amount of time. Everyone's lockdown experience will look different. It may have been a positive experience for some children but a difficult experience for others. It may be helpful to share how your child is feeling and their experience of lockdown with school in order for staff to provide the most appropriate support for returning to school.



Gain your child's views and feelings about returning to school. What are they looking forward to? What are they worried about?



Gain your child's view about their lockdown experience. How have they coped? What happened? Have they been able to access any school work?

Don't panic! Try not to communicate your own anxieties to your child. Share them with school staff out of earshot