

RETURNING TO SCHOOL AFTER CHRISTMAS

The transition back to school can bring mixed feelings, excitement, nervousness, or tiredness.

You can help by:

Reintroducing routines a few days early like regular bedtimes and school-day rhymes make mornings easier.

- Talking positively about school and what they are looking forward to.
- Acknowledging worries and offering reassurance that it's okay to take time to settle.
- Encouraging rest and balanced routines in the first week back.
- Staying in touch with teachers if your child finds adjustment tricky.

