



Our role as an occupational therapist is to help children and families consider all they are doing, how they are being, what they are becoming and how we belong. We have shared some of our top tips for helping you and your children when considering the readjustment back to school.

Talk as a family & make a visual plan

It is important to have planning time to manage everyone's expectations.

Sit down as a family and make a "go to plan". It means everyone has a chance to contribute and be heard.

Writing things down on paper or drawing pictures will make things clearer to everyone.



Start the day with regulation

Think about what movement or activity feels good to you and your children to get the muscles moving, stimulate the brain and achieve just the right amount of sensory input to help with the day ahead.

This might involve a short walk, time on the trampoline, calming breathing or 'wheel barrows' down the hallway.

Everyone is different, but we all benefit from "switching on" and starting the day right!

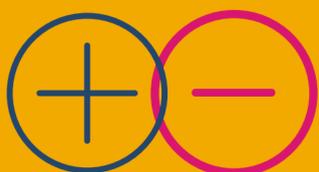


New Routine What are the positives that have come from being at home?

Spend some time reflecting on the pros and cons of the lockdown. What went well? And, conversely, what is it that you used to do that now doesn't seem so worthwhile?

With this new experience, we can be mindful of how we structure the week as things head back to normal.

What you did before is not necessarily the best or only way.



Be kind to your family, the school and yourself

Going back to school after such a disruption might look and feel a lot like starting back at day one in Prep/Kinder or Year 7.

There may be some separation/anxiety issues, there might be initial excitement that quickly turns to a sinking feeling. There may be a need to remind teachers of your child's additional needs.

Consider the things that worked for you before like visiting the school yard, talking about who will be there, emailing the teachers, sharing successes.

