

Checklist: Supporting Children Returning to Primary School

Ease Back Into Routines

- ☐ Reintroduce school-day routines gradually (bedtime, wake-up, meals)
- ☐ Practice getting ready in the morning to reduce first-day stress

Talk About What to Expect

- ☐ Discuss what's familiar (friends, teachers, classroom)
- ☐ Reassure them that it's normal to feel a mix of excitement and nerves

Reconnect with Friends

- ☐ Arrange a playdate or chat with classmates before school starts

Prepare Together

- ☐ Let your child help pack their school bag and choose their outfit
- ☐ Review any school materials or homework if needed

Stay Positive and Calm

- ☐ Model a positive attitude about returning to school
- ☐ Avoid showing your own worries - kids pick up on adult emotions

Check In Emotionally

- ☐ Ask how they're feeling and listen without judgment
- ☐ Use open-ended questions like 'What are you looking forward to?'

Support Healthy Habits

- ☐ Ensure they get enough sleep, eat nutritious meals, and stay active
- ☐ Limit screen time, especially before bed

Communicate with the School

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Let the teacher know if your child is feeling anxious

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Stay informed about school updates and events