

# GOING BACK TO SCHOOL

*Tips  
from  
the  
EarlyEd  
Team*

**Change fatigue – so many changes! It is hard for adults to keep up. Talk about how “Hard it is to know what the ‘rules’ are. It is best to ask if you are unsure.”**

## TIME TO ADJUST

Think of ways to help your child adjust. Walk past school. See if anything looks different

## MANAGING THE MORNING RUSH

Getting back into a routine to leave house by certain time. Leave extra time. Everything could take longer as it won't be automatic anymore. Does this mean getting up at a different time to home schooling days?

Give children some time guidelines. “By 8.00am you should have had breakfast and be getting dressed. By 8.30 we should have bags packed and be heading out the door.”

## LUNCHES

Making time to pack them. Perhaps lunches were different and you will need to get into a routine.

If you have things in packets and containers you might need to practice opening them and balancing everything.

## CAR RIDES

You might need to remind children which side to get out safely and even give extra help with seat belts. Consider a practice run.

If someone is helping with transport you might need to help your child get used to this again.

Managing different drop off times / pick up times for your children. Remind them about what the routine is as they probably will have forgotten.

## ROUTINES AT SCHOOL

These probably will have changed again so see what you can find out from school and talk it through with them.

## WEARING MASKS

Children might need to adjust to teachers wearing masks and their friends wearing them as well.

## SLEEP

Getting back into a weekday going to bed sleep time will help getting up rested. I imagine sleep times have not been as regular at your house particularly if you have been working from home too.

## TIRED AFTER A DAY AT SCHOOL

Having to cope with changes, getting packed up to go and being social all day will be tiring. The day might be longer too especially if there is travel involved. Talking about how they might feel tired might help explain their feelings.

## BEING CLOSE TO OTHERS AGAIN

It might be hard to remember not only about social distancing but just how to play in a group, share and wait. Be ready to give reminders as they get used to this. Friendships might change when everyone get back together.



Early intervention for  
children with disability