



PARENT GUIDE FOR AN EASIER TRANSITION



Ease into the Routine

Switching from a summer to a school schedule can be stressful. Try putting your child to bed a little earlier and practice waking up at the expected time when school would start. You can even practice getting to the bus stop on time as a family activity. Practicing a new routine a few days in advance can avoid much unwanted stress for the entire household.

Open Communication

Ask your child how they feel about going back to school. Then, validate your child's emotions by letting them know their feelings make sense. You can even relate to your child by discussing your own feelings when you were the same age and how you sorted through your own feelings.

Support

Remind your child that there are many people who can support them at school. If they start feeling anxious or uncomfortable, remind them that they can express this to their teacher as well as other adults at school. You can even practice ways to ask staff members for help such as: "Hi my name is— and I feel— and I need help please."

Tour the School

If your school hosts an open house, be sure to go. Familiarizing your child with their environment might help your child feel more comfortable on the first day.

Code of Conduct

Read the school's code of conduct with your child and discuss the rules together. Explain why they should respect rules and how their actions could affect others if they do not.

ADDITIONAL RESOURCES (click on the link)
[SOCIAL EMOTIONAL LEARNING AT HOME SEL VIDEO](#)
[RESTORATIVE PRACTICES RESTORATIVE PRACTICES VIDEO](#)



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