



It's back to school season! Whether this is your child's first year at school or they are a returning student, the new school year can bring a lot of emotions and changes in routine for the whole family. Here are some tips to help prepare your child and family for this transition:

- **Talk It Out-** Reading stories about going to school, showing pictures or going in-person to their school, talking about how they will get to/from school and what games they might play, all help your child to better understand the upcoming transition and relieve some of that first-day anxiety.
- **Dress Up-** Some children might have sensory sensitivities to their new or different school clothes. Trying on the clothes, shoes, and backpack they will wear to school during play time at home, can help you discover if there is anything that needs adjustment (such as an itchy tag that needs to be cut off) before the first day so they can better focus on learning.
- **Lunchtime-** Try presenting your child's snack or lunch the way it would look at school. This gives them an opportunity to practice opening their containers (lunchboxes, plastic bags, water bottles, milk cartons, etc) and will help decrease frustration when they are hungry.
- **Deep Breaths-** Everyone is nervous on the first day! Remember to take a moment to connect and take a deep breath with your child to help them go into their first day feeling safe, confident, and ready to learn!