

- Ask younger children (ages 5-6) to draw a picture that shows what they think the first day of school will be like. Be sure to answer their questions.
- Have your child write letters to family members about things she likes about starting or going back to school.
- Bring your child to the school playground before school starts. This will help him/her get used to their new surroundings.
- Set up a goodbye and pick-up plan. For example, will your child be dropped off or walked to the door? Will he/she be taking a school bus? Try to make the plan the same every day.
- Help your child plan what he/she will wear and let him/her dress them selves the first day.
- Walk your child to the door on his/her first day. This will help him/her get used to their area of the school.
- Talk to your child about their day after school. Sometimes young children have trouble remembering what they did at school. A good tip for helping them remember their day is to ask them in the morning before school to remember something fun, important or exciting to tell you when they get home.
- Listen for feelings and respond with kindness and concern. Showing empathy is important when children are telling stories about their day.

If you have an older child returning to school:

- Ask your child what he/she would like for lunches. Have him/her help you make their lunch and give him/her guidance and feedback on their choices. Help him/her choose healthy foods.
- Let your child have a say in some school supply 'needs' – perhaps could choose their own backpack and fill it with some of the school supplies he/she likes.