

Helping your child to transition out of the summer holidays

To avoid September shock:

- Gradually build up to returning to school as the weeks go by. Bring it (casually) into conversation often to remind your child that it's on the horizon. If your child is feeling anxious about returning to school, [Twinkl's Talking Prompts](#) and possibilities can help you work through some of your child's worries and the possible solutions. Twinkl also has a [back-to-school transition pack full of helpful activities and reflections](#) to help prepare your child for their return to school.
- Intersperse school provision shopping throughout the holidays – perhaps for uniform one week, school shoes the next and stationery the following week. Not only will this make back-to-school shopping more manageable (and ensure you're not left scraping the barrel with whatever shops have left!), but it'll also help consolidate in your child's mind that they are going back to school soon. Letting them choose their stationery, and perhaps a new school bag will give them ownership over going back to school and help them feel they have some control.
- Make use of any resources that your child's teacher may have given you to help your child transition back into school e.g., social story.
- Keep the weekends quiet following the return to school. Remember children have had a long break and need to adjust. A full week at school and packed weekends can make the transition overwhelming. Children need time to rest and recuperate until they are back in full swing.

