

Back to School - Top Tips from our OT's and Therapists

With good preparation and the right support, we can help children manage back to school worries. Here are our top tips to help children start the new term feeling ready to learn!

Teachers will often suggest what they find is best depending on a child's age and ability. But including your child in the shopping experience helps to make sure their needs are understood and by giving children some choices they can feel a part of the back-to-school prep!

What goes in the pencil case?



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Having the right tool matters!

- Choose the right size colouring materials; some schools prefer 'twistables' – while younger children can do better with shorter chunky crayons.
- Various pencil grips or jumbo triangular pencils can help make writing easier.
- If your school allows felt tip markers – watch out for strong smells especially if your child is more sensitive to smells. Look for odour free types instead.
- If your child finds certain smells calming, then including a scented pen might be right for them!
- Helping your child to select their favourite colour/character themed pencil case can help them feel more excited about packing for school.
- Avoid deep pencil cases where things get lost down the bottom and children lose time in class trying to find the essentials. Ones with compartments can help keep things organised.