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Support
and
Soothe



Sensory Fidgets

Chewable pencil toppers and fidget toys such as pop-its may be helpful to take to school or for use on the journey. If school is reluctant to allow these, you could think about lining a pocket of their school uniform with a soothing fabric they like (depending on if child is sensory seeking or sensory avoiding).



Teamwork: Link with School

Does your child need a break card, or a buddy system put in place or access to a quiet area to promote self-regulation? A visual schedule of the school day routine/activities would promote predictability, reduce anxiety, and help with transitions from one activity to another.

This is especially important during Covid – all parents have natural worries about safety and knowing the steps the school is taking can help parents and children feel more prepared this term.



Consider Lunchtime

If your child has noise sensitivity could they wear foam inserts to drown out background noise or access a quieter space first to eat their lunch. Will they be able to tolerate smells of other children's lunches?



Transitional Items

If your child is struggling to separate from you in the mornings then think about how you can help bridge this emotional gap. Having a key-ring with a photo of you and your child attached to school pencil case/school bag, or a squishee in their pocket to squeeze and imagine they are getting a squeazy hug when they need it.



Or you might like to put little surprise notes in their lunch box with heart stickers/messages, or get fun cookie cutters and cut sandwiches into hearts/stars?

