

Managing Back to School Anxiety the Abbot's Way way...



1



Help them SEE and visualise...

Pass the school on a walk if possible or try to drive past school when you are out on an essential trip.

Use the website to look at and talk about what the site's like; what they think is going to be good and exciting about the school. There are the slots in the Learning Centre. So, consider a session at a time if your child is feeling anxious.

HEAR - talk it through

Talk to your child as frequently as possible about the delayed return to school. Discuss fun memories you have of their teacher and any stories you have of them and their friends if they did a learning session or came on a visit. This will ignite nice memories and help your child to get enthusiastic about going back. You can also contact us and we can try a video call with you and your child together. It's good for them to see you interacting positively with their teacher and talking excitedly about going back to school.



2

DO - Taking action to prevent worry before it grows

Doing something and taking action is always good and it can also be a good indicator of your child's level of anxiety. If they are avoiding 'work', or get irritable when you bring up school then that may be the point to look at some support before the first day with us.



Other things you can DO - reduce the 'unknowns'

- Ask them if there's anything that they would really like to know about their first day or the school. Then just email us...
- Come to a Learning Centre lesson
- Create an 'attachment' card
- Pick up some work - we are always looking for nice art work and display posters so your child feels they have contributed to the new school environment

3

Most importantly, keep in contact with us so we can best support you and your child in what is a very unique situation.

The more we know, the more we can help by creating tailored lesson content that is personalised for your child

