

PREPARING YOUR CHILD FOR SCHOOL

# BACK TO school



On behalf of © THK EIPIC Tampines Psychology Team

Xiu Min & Yuri (2021) / Made with Canva under Free License Media Agreement



太和觀 THK

**TIP #1**

# BE PATIENT

Understand that adjustment takes time



It is natural for children to fuss, cry, & not want to return to school



A calm adult = a calm child  
Stay calm!



Trust that this is only temporary.  
It is OK for your child to take  
some time to adjust



Remember: consistency is key!



太和观 THK

**TIP #2**

# SET A ROUTINE

A well-rested child (and adults) can handle emotions better



Wake your child up at the same timing every morning



Put your child to bed at the same timing every night



Remember: consistency is key!



太和观 THK

**TIP #3**

# ENCOURAGE INDEPENDENCE

Routine & practise makes perfect



Get your child to eat their meals / snacks independently



Practise packing school bags & keeping toys after playing



Involve your child when putting on clothes, shoes, etc.



Remember: consistency is key!



太和观 THK

TIP #4

# PREPARE FOR SEPARATION

Preparation (no surprises) promotes better adjustment



Prepare your child ahead of time

*"You are going to school tomorrow.  
Let's pack your bag"*



Assure child that you will be back

*"Give me a kiss. I will pick you up after class!"*



Give a confident & quick goodbye

*(PS: don't linger!)*



Remember: consistency is key!



太和观 THK

**TIP #5**

# REACH OUT TO SCHOOL STAFF

Support is available to you & your child



If the adjustment is taking longer than usual, speak to your child's teacher for troubleshooting



Smooth transition requires communication & teamwork between parents & school



Remember: consistency is key!



太和观 THK