TOP TIPS TO SUPPORT TRANSITION BACK TO SCHOOL FROM OUR FOSTER CARER EDUCATION CHAMPIONS

- Set the alarm and get up at the usual time for a school day.
- Keep to a regular daily routine throughout the week with home learning and break times spread throughout the day.
- Make sure school uniform & shoes still fit and organise school bags.
- Make regular contact with class teachers, teaching assistants, keyworkers and school friends and classmates.
- Keep practising hygiene and safety skills like hand washing and social distancing.
- Make a social story in advance using photos from school of the rooms, places and people the children will be going back to.
- Normalise (and even make fun) some of the more scary aspects of the situation such as wearing masks and make up new distance greetings.
- Take a walk to school & talk positively about the return to school. Try not to communicate adult anxieties about COVID-19.