

# BACK TO SCHOOL

## PARENT TIPS



Communication is very important. Make sure all contact details are up to date. Download or update school app or any new communication links.

Get into routines. Meal preps, pack lunch's uniform, homework.

Ask how they are feeling, normalise emotions and encourage positive affirmations

Encourage school club session's. Get them involved in a variation of activities to promote well being.

Show you care, ask about their teacher's, friends, subjects. why not add a positive messages in packlunch box