

Supporting Your Child With Back-to-School Worries

Saint Patrick's Primary School

What Parents Can Do at Home



Talk & Listen

Encourage your child to talk about their worries.
Talk to the class teacher.



Practice Routines

Try and keep the same morning routine. Complete a communication passport for the class teacher.



Relax Together

Try different relaxing techniques before bedtime and before the school day begins. (read a book, draw a picture, listen to music)

How We Support Children at Saint Patrick's Primary School



✓ Warm Welcome

Mr Canavan or Mr Campbell will be at the gate in the morning to greet the children.



Quiet Space

Children can access a quieter space within school to help them self-regulate.



Visual Timetables

Each class will display a visual timetable to help reduce anxiety and to help with routines.



**Together, We Can Help Every Child
Feel Safe, Calm & Ready to Learn!**