

# Back to School Prep



## Looking after them

While getting ready to go back to school, observe how your kids are reacting and behaving. Open up some kōrero about school with them, being mindful not to transfer any of your own worries.

Support their positive transition to school by:

- Visiting the school and playing in the playground
- Inviting a buddy along too
- Making some playdates - even at the park or pool
- Heading to the library for books about school. We love Let's Go Flo by Rebekah Ballagh.
- Sorting the bedtime routine!
- Sorting the morning routine - do a run-through the day before and adjust as needed.
- On the first day back, taking some time to regulate yourself and preparing well enough so there's no rush.

And remember they'll be tired in the first few weeks back. Prepare for some big emotions, and wind-down or relaxation time after school.

## Looking after you too!

Put the school stuff in the diary - assemblies, swimming sports and other events.

Have a think about how the school term impacts you and get this sorted too - it might be a conversation with your manager or partner about some changes of work hours and flexibility around key things...

Engage with other working parents about morning or after school rosters and chat about how they manage.

## Getting Sorted!

- Find and try on the uniform, including shoes!
- Find or replace the bag, drink bottle, lunch box.
- Order the books.
- If needed find togs, tog bag, goggles and towel for school use.
- Label everything!
- Have the hair things in one place - hair ties, clips, brush and detangler.
- Fill in the forms - check emails and school comms.
- Update the school with any pick up changes, adding/changing emergency contacts.
- Get the freezer ready! We love VJ Cooks Freezer Friendly meals that can be used for school lunches.

Think about your family wellbeing - what will you do to look after yourselves, what do you want to keep hold of from the holidays?

If you set goals over this time, how can these be kept alive when it gets busier?

Sort your bedtime and morning routine!

Let go of perfection and keep being awesome!