

Going Back To School

This collection of resources may help you to help your child prepare for starting school in September.

Find Your Feet: Transition Tips for Parents

<https://youngminds.org.uk/resources/school-resources/find-your-feettransition-tips-for-parents/>

Sleep Hygiene - Developing Routines

https://padlet.com/jholder_llp/sleep

Supporting children's transition to secondary school

<https://www.annafreud.org/schools-and-colleges/resources/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and-carers/>