

# Looking forward to coming back to school

## Things to think about

**The Charlie Waller Memorial Trust**  
Depression – let's get talking

### Helping your child back to school

Plan ahead together - try using pictures...

...the morning routine, their uniform, the journey to school

Focus on what you both can do

Not everything will be different - the staff, building and some routines will still be familiar

Give praise when they talk about a worry

It's OK to feel worried about change - let them know that!

Make sure your sleep pattern will help you get up early for school

Is your uniform clean and ready to wear?

You will be back in your classroom with your teacher

Is there anything you would like your teacher to know?  
If so, write it on a post-it note and bring it on the first day back. Talk to someone at home if you are worried about anything.