



CONTENT

1 BACK TO SCHOOL

NEWSLETTER

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BACK TO SCHOOL

After a fun, relaxing summer break, it's now time to get back to school! New year at school can be fun but also tricky. Transitioning from the summer holidays back to a new grade in school is especially challenging, for both, our children and their parents. It is a period wherein the child has lots of meltdowns, causing parents to have some very difficult days. These meltdowns occur for a reason:

- Your child may be anxious: New grade, new teacher and different classmates can throw your child off, leading to meltdowns.
- It maybe because of challenges with sensory regulation: A child with sensory processing difficulties has a hard time managing and participating in school.
- Attention challenges: A child having challenges with regulating attention will most often be distracted in school and will be unable to catch up with his peers
- Inflexibility: Children having challenges with flexibility and behavioral regulation will have a hard time transitioning to the next task, hence getting through the school hours without meltdowns is almost impossible

Let's make this process of going back to school simpler. Here are some things you can try with your child to help them look forward to school.

Preparation:

It is great to have your child prepared about when school starts. Put it up on a visual calendar to make sure that your child is aware of the number of days for school to start. Visual preparation can also include the use of social stories and actual trips to the school to acquaint your child to his school and classroom. Verbal and visual preparation can aid



your child's understanding of when school begins as well as expectations in the school. This will help reduce your child's anxiety, whilst giving him/her some sense of what they can expect in school.

Make your child part of the process:

Involve your child in the process of packing his/her school bag; let your child pick his/her favorite character tiffin box or water bottle. On letting the child be a part of the process you are giving your child more control and ability to self regulate behaviorally to get into the groove of school.

Mock School day:



“It will definitely get easier! Just give it time. As your child settles in the new environment, gets used to the structure of the school day and is able to attend and participate efficiently in the school environment, you will see that he/she will enjoy school.”



For any question or concerns regarding the newsletter please write to us on: reachtcf@gmail.com

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