

5 TIPS FOR FAMILIES

Planning a Return to School – Advice for Families

A Person-Centred Plan

Start with your young person's views when making any plan. Keep these at the centre, then bring in family views, school staff and any other agencies involved.



A Gentle Approach – Gradual and Supported

Carefully consider the pace of the planned return to school, with emphasis on **how** rather than **when**. Celebrate and consolidate each small step before expecting more.



Be Aware of Triggers

Talk to your young person about who they feel are their safe people, places, ways of communicating and times of their day.

Sunday/Monday Plans

Mondays are often hard: think about a positive routine that can start on Sunday evening. Maybe plan something for them to look forward to.



Welcome

Planning and knowing what to expect and who will be there when your young person arrives at school can create a 'soft landing'.



Emotionally Based School Avoidance (EBSA)