

# The **A****B****C**s

of preparing your child for school as  
#COVID19 circuit breaker ends

**A**cknowledge  
your child's  
feelings

**B**e firm  
about going  
to school

**C**ultivate  
positive  
thoughts



Going back to school might feel like the very first day of school again. Remind your child about the things he/she likes such as playing with his/her classmates.



Establish a goodbye routine. Make it a special handshake that you and your child can do together each time you have to say goodbye.



Give your child something to look forward to after school. It can be having a favourite meal together, play time together with you, or a walk in the park.