

Seven (7) Back-to-School Wellbeing Tips



Starting a new school term is exciting—but it can also bring nerves and uncertainty. Here are a few ways families can support student wellbeing in the first few weeks back:

1. Re-establish Routines

Children feel secure when they know what to expect. Reinforce healthy sleep, meal, and screen time routines to help your child feel calm and ready for learning.

2. Talk About Feelings

Check in with your child each day. Simple questions like, *“What was something fun today?”* or *“Was there anything tricky?”* help them feel heard and supported.

3. Celebrate Little Wins

Getting back into routines can be tiring. Praise your child for effort, not just outcomes, *“I noticed you packed your bag so well today!”*

4. Reconnect with Friends

Organise a casual playdate or meet-up with school friends to strengthen social bonds. Feeling connected helps kids feel excited about school.

5. Pack Positivity

Try a lunchbox note with a positive message or a silly joke. It’s a simple way to boost their confidence and brighten their day.

6. Model Positive Self-Talk

Children learn by watching. Share your own calm strategies and talk aloud when solving problems or managing emotions.

7. Keep the Afternoons Light

The first few weeks back can be draining. Give your child downtime after school—free play, drawing, or a walk outside can help them recharge.

✳️ *Remember: every child is different. A bit of patience, encouragement, and kindness goes a long way in helping them feel safe, supported, and ready to learn*