

back to school

Resource for Families

Practise 'Ready for School' Routines

These could include going to bed and waking up at the same time as a school day, packing the school bag according to the timetable and taking out and preparing the school uniforms.



- How about starting a countdown to the first day of school?
- Use Visual Schedules and Social Stories!
- Consider contacting your child's teachers or allied professionals if your child needs extra support.

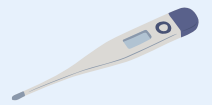
USEFUL RESOURCES



- ['Back to School' Guide](#)
- ['Getting Ready for School' Schedule](#)
- [Printable Countdown Calendar](#)



Help your child stay safe in school



There may be new school routines and measures to keep your child safe. Find out from your child's teachers what they are.

You can help your child understand and practice them at home.



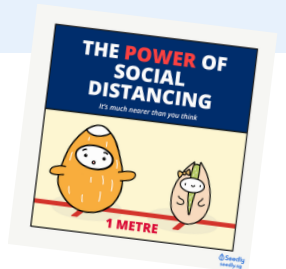
- Here's a social story by MINDS Towner Gardens School on [Getting Ready for School](#).

USEFUL RESOURCES



- [Stay Safe when School Starts](#)
- [Stay Safe on the School Bus](#)
- [Get Comfortable with Wearing Masks](#)
- [Social Distancing Song](#)
- [Explaining Social Distancing](#)

Help your child understand the changes in the community



Help your child understand the safe distancing measures at public facilities like playgrounds, buses and MRT trains.

Help your child be comfortable with seeing people in masks.



- Understanding COVID-19 is not easy so APSN Tanglin School has a social story to help!
- AWWA School has a visual support to show how pictures and photographs can be used to explain the changes to your child.
- MINDS Towner Gardens School has a social story on Using Public Transport to go to School.
- Share how there are Everyday Heroes amongst us who wear masks too!

