



READY FOR A NEW TERM



Supporting your child with SEND
with transitions back to school in September

Transitions can bring lots of different feelings. With the right preparation and support, we can help our children feel more confident, calm and ready to thrive. Here are some top tips from an Occupational Therapy perspective to support a positive start to the new term.



Blossom
Children's Occupational Therapy



★ TOP TIPS TO SUPPORT A SMOOTH TRANSITION

1



PREPARE EARLY AND VISUALLY

- Use visual timetables, calendars and countdowns to help build familiarity.
- Talk about what will happen, who they will see and any changes to routines.

2



GET TO KNOW THE ENVIRONMENT

- If possible, visit the school before term starts.
- Take photos or use virtual tours to explore classrooms, toilets, dining areas and play spaces.
- Talk about sensory aspects – what might they see, hear, smell or feel?

3



SUPPORT ROUTINES AND INDEPENDENCE

- Re-establish bedtime, morning and getting ready routines gradually.
- Encourage independence with self-care tasks (dressing, washing hands, using the toilet).
- Use visual checklists or social stories if helpful.

4



THINK SENSORY

- Consider what might help your child feel regulated (e.g. ear defenders, sunglasses, fidget tools, movement breaks).
- Talk to the school about their sensory needs and any strategies that help.

5



TALK ABOUT FEELINGS

- It's okay to feel worried or excited about new things.
- Use tools like emotion charts, stories or role play to explore feelings.
- Reassure your child – you're their safe base.

6



BUILD STAMINA GRADUALLY

- If your child finds busy environments or long days tiring, build up time gradually.
- Plan calming activities after school to help them recharge.

7



WORK TOGETHER WITH SCHOOL

- Share what works well for your child.
- Keep open communication about their needs, strengths and any worries.
- We're a team – together we can make school a positive place.

EXTRA ADVICE



Celebrate strengths

Focus on what your child is good at – it builds confidence!



Keep it positive

Use encouraging and reassuring language about school.



Ask for help

Reach out to school staff, your OT or other professionals if you need support.



Small steps

Even small steps forward are amazing progress.

REMEMBER...

Every child is different. What matters most is that they feel safe, supported and understood.



YOU'RE DOING AN AMAZING JOB!

Your love, support and understanding make the biggest difference.



If you have any concerns or would like further support, please speak to your school's SENCO or your Occupational Therapist.

