

Back to school Flow Chart

Print this out to track your success.

01

Headspace

Get yourself in the right headspace.

02

Expectations

From the get-go, state what your expectations are.

03

Emotions

Leave your emotions “at the door”.

04

Return

Stage their return to school and reward each step, in the right direction.

05

Changes

Make clear and definite changes at home.

06

Support

Involve supportive others to help your family.

07

Maintain

Maintain their participation in your “return to school” plan by expressing your belief that you can do this - and by rewarding her as she makes progress towards returning to school.