

Back to school and back on track!

After six weeks of holidays, the first week back to school can be daunting for even the most confident child.

Here are a few tips to help them make the transition smoothly.

Get them excited!

Ask lots of questions about their new schedule. Showing interest in all the exciting things the new term will bring will help them focus on feeling grown-up rather than daunted.

Re-establish the old order

During the holidays all of the work that you have put into term-time routine seems to go out of the window. Sensible sleep patterns can be the hardest to reinforce so it is good to start setting the alarm at least a week before the start of term.



Make it fun

The "Back to School" shop can feel like the signal that the holidays are over. Letting them pick out new pencil cases and stationery can help relieve that sense of disappointment and help them get excited about the new term.

Talk it through

If your child is suffering with start of term jitters, remind them that not only is it perfectly normal, but that all of their friends and even their new teacher is likely to be feeling the same. Ask them what they can do to help their friends feel more relaxed on their first day, in order to help them focus their energy elsewhere.



Explore Learning centres offer inspirational tuition for 5-14 year olds of all abilities.

How Explore Learning can help...

Joining an extracurricular maths and English centre such as Explore Learning can really help a child ease back into school, not just after the summer but after any holiday period. For most children, consistency and routine is key to helping them make big transitions smoothly, and as Explore is open all year round, children never have to abruptly stop their entire routine.

Build confidence

Explore centres help ensure your child feels confident in the classroom and is eager to participate by providing them with a comfortable environment in which to practise new skills. All work is mapped to the National Curriculum, and every child's learning plan is tailored individually meaning that Explore can help every child, whatever their ability.

Flexible Membership

Explore Learning centres can be found throughout the UK and are open 7 days a week. Once members, children can attend the Explore Learning centre twice a week anytime during our opening hours, without booking or calling in advance.

**To find your nearest centre or to book a free trial session
simply visit our website: www.explorelearning.co.uk
or call: 01483 447410**