



Alex started school this year. His parents were worried because he was distressed in the mornings, at the school gate, in the playground and when the bell rang. This had not improved well into Term 1.

Small Steps for Alex

1. Alex's parents reinforced the calm before school routine.
2. Alex met teacher at classroom door once everyone is in the room.
3. Added the 'special goodbye' ritual with his parent and joined the teacher and class at the assembly line once bell rings.
4. After the special goodbye ritual, Alex was handed to teacher on morning duty.
5. Alex and his parent said their special goodbye in the playground, parent left, Alex was OK.

A chart the child can tick off as they get prepared for school can help. You could add photos of them doing each task.

It may take time to get through the Small Steps plan for all the adults-parents/carers who take the child to school as the anxiety may be stronger in the presence of one parent/carer.

You might be going along well with the plan and then the child is off school sick for a few days and you may find you have to go back a step or two.

That's OK and quite common. Be patient. Breathe. Remember your own self care is important.