

Graded return to school planner

Small steps, agreed in advance, written down where everyone can see them

A return plan works when it is specific, when school and home are running the same plan, and when each step is repeated several times before moving on, rather than moved on from at the first success.

Write the steps out with your child where you can. A plan your child has helped to make is usually easier for them to stick to.

The steps

STEP	WHAT IT INVOLVES	WHO IS INVOLVED	REPEAT UNTIL	DONE ON
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

The two details that decide it

First, what happens in the building when it goes wrong. Agree in advance where they go, who they see, and what that person says, so that a difficult morning has a plan rather than a phone call home.

Second, what a day at home looks like. If home is more comfortable than school, the plan is pulling against itself. Screens off, schoolwork at the kitchen table, and the interesting parts of the day kept for after school hours. This applies once bullying and any unmet learning, sensory or medical needs have been dealt with. Where those are the reason for the avoidance, making home less comfortable is the wrong approach.

If it goes wrong at school, the plan is

A day at home looks like

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