



The Charlie Waller Memorial Trust  
Depression – let's get talking

# Helping your child back to school

Plan  
ahead  
**together** -  
try using  
pictures...

...the  
**morning  
routine**, their  
**uniform**, the  
**journey to  
school**

Focus on  
what you  
both **can** do

**Not  
everything  
will be different** -  
the staff, building  
and some  
routines will still  
be familiar

**Give  
praise**  
when they  
talk about a  
worry

**It's OK to  
feel worried**  
about change -  
let them know  
that!

