

The School Transition: Caring for You Too

Children settled at school...and now you're wondering, what next?

Those first few weeks can be a chance to catch your breath, tidy the house, do some errands, enjoy the quiet. But once routines settle, many parents find themselves asking what this next chapter might look like.

This doesn't have to mean enrolling in a course or committing to something big or expensive. For some parents, it's about rebuilding confidence, connection, or simply having space to think.

Here are some gentle ideas to consider:

- **Reconnect with yourself** – What have you put on hold while raising young children? Hobbies, interests, rest, creativity?
- **Ease back into work or study** – This might be paid work, casual hours, online learning, or short skill-based courses. 🏠 [Skill sets and short courses | South Metropolitan TAFE](#)
- **Volunteer** – A great way to build confidence, connect with others, and gain experience at your own pace. 🏠 [Volunteering WA](#)
- **Focus on wellbeing** – Exercise, walking groups, community activities, counselling, or simply time to breathe.
- **Stay connected as a parent** – Parenting doesn't stop when school starts. Workshops and groups can offer support, reassurance, and practical strategies. 🏠 [Communicare Parenting Program](#)
- **Do nothing (for a while)** – Adjusting to this transition takes time too, and that's okay.

There's no right or wrong way. Every family, parent, and circumstance is different.

