

# RETURNING TO SCHOOL

*Helping your child with worry and stress*

Your child may be feeling a bit worried about returning to school. Here are some tips to help them get back into it.

## Get back into a routine:

set bed times, help your child to pack their bag or choose their lunch, and lay out their uniform.

## TALK WITH YOUR CHILDREN

### ABOUT HOW THEY ARE FEELING.

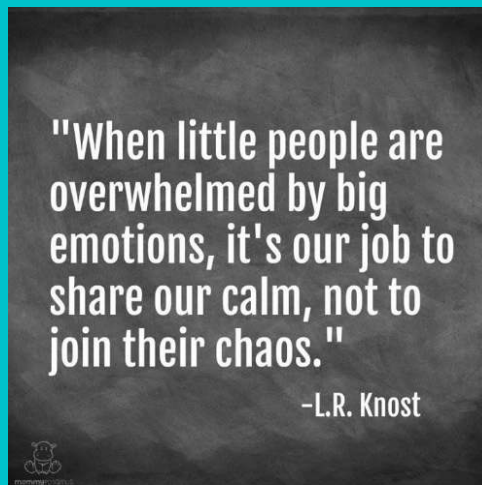
**LISTEN AND REASSURE THEM.**

**TALK ABOUT COVID-19. AND ANSWER THEIR QUESTIONS AS HONESTLY AS POSSIBLE. THIS MAY HELP TO ADDRESS THEIR FEARS AND REDUCE ANXIETY.**

**Lots of detail can be calming:** talk them through their day: where you will drop them off and pick them up.

## Remind them what they can do and what the school is doing to keep them safe:

- Washing/sanitising hands before eating
- Washing hands after using toilet
- Try not to touch their face or other people.
- School is being cleaned well everyday.



**Reflect on how you are feeling. Kids pick up on their parent's emotions very easily. Modelling calm behaviour and tone of voice can really help.**

## Remind them what they like about school:

- Their teacher
- Playing with friends
- A subject they enjoy.

**KEEP SENDING YOUR CHILD TO SCHOOL: AVOIDING SITUATIONS THAT MAKE US FEEL WORRIED CAN MAKE THE WORRY WORSE NEXT TIME.**

Leave them quickly – even if they're upset, even if you're upset.

Teachers can manage your child once they are at school. Most children recover quickly once they're back in the class.

**PRAISE BRAVE BEHAVIOUR: TELL YOUR CHILD HOW PROUD YOU ARE THEY WENT TO SCHOOL AND ASK THEM WHAT GOOD THINGS HAPPENED AT SCHOOL.**