



Getting ready to return to school

Positivity

Highlight the positives. Talk with things your child has enjoyed during the pandemic as well as things they are looking forward to when restrictions are lifted.

Focus

Encourage your child to think about the present – avoid thinking too far ahead. Focus on things you can control (washing hands, getting their bag ready, etc) instead of things that you can't control.

Sleep

Sleep is really important for your child's wellbeing, as well as their development. Try to help your child keep a sleep routine.

Talk

They might be worried about COVID and the lockdown restrictions; they might be anxious about being back in school and seeing their classmates again.

Give your child the message that returning to school is a big thing and that you understand that. Tell them that all the adults in school are looking forward to being together again. Let them know that we will all support them – we are all there for them if they need us.

Cope

We can use coping strategies when we feel stressed, like speaking with friends or family, doing regular exercise or using breathing techniques. Acknowledge that it's ok to feel anxious about going about to school. Perhaps try talking about a time when you felt nervous and how you coped.