

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.

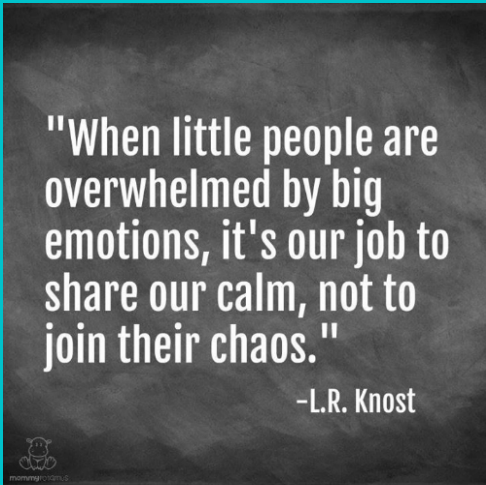
LISTEN AND REASSURE THEM.

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.



"When little people are overwhelmed by big emotions, it's our job to share our calm, not to join their chaos."

-L.R. Knost

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.