

Supporting our children

BACK TO SCHOOL



Build on the adult relationships to help children feel secure

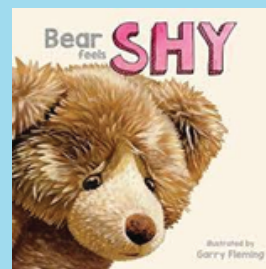
Work on relationships – develop closeness

- Share a hobby
- Play together
- Eat together
- Read together
- HAVE FUN



Talk about worries or fears

- In the lead-up to returning, make time for little conversations about how they're feeling about going back to school.
- If your child does have worries, acknowledge their concerns first before offering reassurance.
- Convey Calm – if you do have concerns. However you feel on the inside, aim to communicate calm on the outside.
- Link in with the school, start the routine a week before school starts



- Read stories to talk about feelings
- Simply Listen to your child
Encourage your child to draw pictures about how they feel – favourite memories, any worries

- Play with your child this will allow what's inside to come out



Self care – Build in time for activities you find de-stressing

Get some exercise (even if that's just walking)

Take some time out, if you need it All of these activities will help make sure you're in an emotionally good place –so you can support your child with their emotions too.

Have a good bedtime routine – start gradually moving your child's bedtime back towards normality now.

