

Top Tips for Parents

Here are some tips on how to talk to and reassure your child about their return to school, especially if they are shown more behaviours than normal

How to **Connect** with their feelings and helpfully **Redirect** them:

CONNECT AND REDIRECT

Children and teenagers might be very easily tired, more irritable and act out through their behaviour when they go back to school or nursery.

A really effective way of managing this is to **Connect** with their feelings and then **Redirect** the behaviour and set the limit.

We might not **like** the behaviour, but we can **accept** the feeling behind it, not the behaviour itself.

Some examples:

- *It’s ok to be tired after a long day at school, it’s been ages since you’ve been at school for so long. I get that you are tired and annoyed, but it’s not ok to hit your brother. That hurts him and it hurts my feelings.*
- *It’s ok to be annoyed about getting ready in the morning. We need to get out of the house earlier now, but it’s not ok to speak to me like that. That’s rude.*
- *I get that you are done with being sociable after a busy day at school, I’m tired too now. But you can go and have some quiet time to watch TV instead of shouting at your sister. That hurts her feelings. She’s only wee, she doesn’t know you’ve had enough of everyone.*
- *I know you are sad about leaving Mum. It’s ok to have a wee cry, it’s a big change. Here let’s have a hug and I will be back for you at the end of the day. Your teachers will keep you safe. I always come back. I love you.*



Remember if you have any worries or concerns get in touch with your child’s school or ECC

