

Top Tips for Parents

Here are some tips on how to talk to and reassure your child about their return to school:

NAME IT TO TAME IT

Sometimes as parents we are tempted to try and fix the worries of our children by trying to reduce the impact of their feelings. That might feel like we are dismissing their feelings and denying there is something to feel worried or anxious about.

This might sound like:

Don't cry, you'll be fine. You're perfectly healthy now. Just make sure to wash your hands and you'll be fine. You won't need to miss school. Now let's talk about something less depressing.

In that scenario, the child may not feel truly seen and heard. His perception is his reality and he's scared.

If we **Name it to Tame it**, we name what we think the child is feeling or worried about, which can reduce their big feelings a lot. That can then feel more like: *I'm here, I'm listening. We'll get through this together*

So saying something like:

I can see you're worried about this. I know you worry about falling behind. Do you remember when you were sick before? What happened then when you went back to school?

You spoke to the school. My teacher spoke to me on my own & helped me with a plan of how to finish the work I missed. And she emailed you too. And you helped me.

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

