

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

Help your child Feel Safe, Seen and Soothed:

SAFE	SEEN	SOOTHED
<p>Let them know that the adults around them will keep them safe. Accept their feelings & worries so they feel safe.</p>	<p>Tune into their mental state by being present Respond to what we see in a timely and effective manner.</p>	<p>When a child is distressed on the inside that negative experience can be shifted by an adult who tunes in & listens. They won’t feel alone.</p>
<p>This could sound like:</p> <ul style="list-style-type: none"> • <i>Everything is going to be ok. No matter what the problem, we’ll find a way to work it out</i> • <i>Your teachers will keep you safe.</i> • <i>If you are worried you can talk to...</i> • <i>Give that worry to me to look after for you. I’ll talk to Mr X...</i> 	<p>This could look and sound like:</p> <ul style="list-style-type: none"> • <i>Clear facial expressions, big smiles on leaving and arriving.</i> • <i>Remembering stories, feelings, things they have told you about school or nursery.</i> • <i>I love you and I know you can do this. I can see you look a bit worried</i> • <i>I can’t wait to hear about your day later.</i> • <i>It so lovely to see you! I’ve missed you. You look a bit sad, want to talk?</i> • <i>I wonder if you’ve been really grumpy the last few days because something is bothering you? I wonder if it’s...</i> 	<p>This could look and sound like:</p> <ul style="list-style-type: none"> • <i>Hugs.</i> • <i>Feeling understood.</i> • <i>I am so proud of you, you were a bit worried about that, but you did it!</i> • <i>I can see that you are feeling a wee bit worried, that’s ok, almost everybody will be feeling a wee bit like that at the moment.</i> • <i>So you’re telling me you hate having to sit on your own on the bus? That’s hard, I would hate that too. It’s so frustrating that that’s the way it has to be just now.</i>



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

