

## Top Tips for Parents

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

### Keep it simple and honest!

Your child's school or nursery will make you and your child aware of changes to the normal routines.

Please take time to talk to your child, show them any videos or pictures from school or nursery. Some possible changes might be:

- Changes to entry to school and drop off and pick up
- Additional handwashing and hygiene routines
- Adults being physically distanced
- Staggered breaks and lunchtimes
- Changes to where they eat snack and how they get their lunch.

Children may have lots of questions, or no questions at all about their return to school. They may want to know things like:

'Will I be able to play with my friends?'

'Will teachers help me if I am stuck?'

## Accept your child's feelings and make space to talk

Children cope best when they feel **Safe, Seen, Soothed, and Secure.**

We can do that by:

- simply listening
- helping them to label their feelings
- supporting them in asking the questions they need to ask
- accepting and noticing whatever it is they are experiencing.



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

