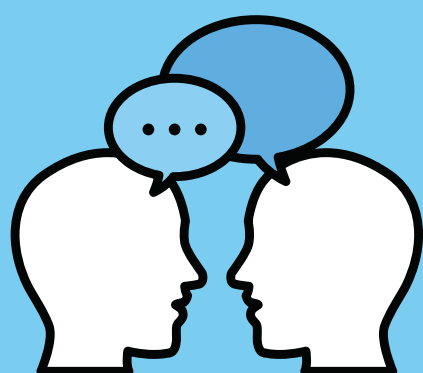


# IDEAS FOR PREPARING RETURN TO SCHOOL

## SHARING INFORMATION



Be honest about what you know and what you don't know yet.

Once your school sends specific information, share that with your child in a way that suits their level of understanding.

Reassure them that adults are working hard to get information to children and young people as soon as they can.

## SAFETY

Explain that children and young people will only be returning to school when it is safe to do so.

Prepare your child that there might be changes to plans if it is needed for their safety.

Let them know that there will be some changes in school to make sure that school is even safer e.g. extra handwashing.



## COMMUNICATE



Talk through any specific fears or worries.

Help them to think about times they have dealt well with these situations in the past, even if just a little e.g. a time they were worried about joining a club and then enjoyed it.

The workbooks and activity sheet in the resource section may help this discussion.

## REMEMBER

Talk about what they enjoyed in school in the past and have missed.

Think about what they think they have learned since they were last in school.



## ROUTINES

Try to establish a school day routine a few days before return by winding back bedtimes and wake up times (that's a tough one for everyone!).

Create together a checklist for schoolbag contents; encourage your child to take ownership of packing it.

## REHEARSE

Try on school uniforms

If your child is using school transport for the first time, try out the route ahead of the first day back.



## REASSURE



Your child might be worried that they are behind in their work or that they switched off from the activities offered by the school. Reassure your child that this is a new moment and that their teacher will help them no matter what they have managed while at home.

Sometimes if your child is continually caught up in 'what if' thinking it can be helpful to suggest they have a special time of day to talk about these worries. If they bring up these worries at other times then ask them to keep them in mind for their special time.

## EXPLORE COPING STRATEGIES

It is helpful to teach coping strategies in advance of stressful situations. Explore ways to become calm with your child (see workbooks).

