

RETURN TO THE CLASSROOM



TALKING HELPS

Make your child feel at ease by having an open conversation about what it is that's worrying them and acknowledging that it's natural to feel anxious.

KEEP CALM AND CHECK IN

Be calm and proactive in your conversations with children. Check in with them to see how they are doing. Their emotions will change regularly but it's important to tell them that this is ok.

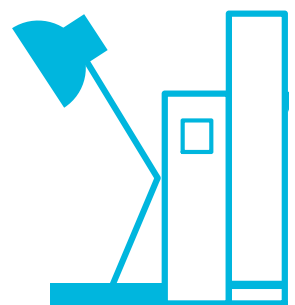


YOUR CHILD IS WATCHING

Children often take their emotional cues from the key adults in their lives, including parents and teachers. You need to manage your own emotions, listen to your child's concerns, speak kindly and reassure them.

MANAGING STRESS LEVELS

In addition to monitoring your child's physical health and learning when they go back to school, you should also keep an eye out for signs of stress and anxiety. COVID-19 may impact your child's mental health, and it's important to tell them that it's normal to feel overwhelmed at times.



PLAN AND PREPARE

Prepare your child for their return to school by helping them organise their books, lunch and school uniform. Ensure they are getting a good night's sleep. This will help them cope with the return and adapt to a new routine.

GIVE THEM SPACE

Children may have adopted some unusual patterns during distance learning that may have extended into the school holidays. A school day requires self-regulation or compressed behaviour, which can lead to tired and emotional outbursts at the end of the day. You may need to give your child space to unwind and let off steam.

