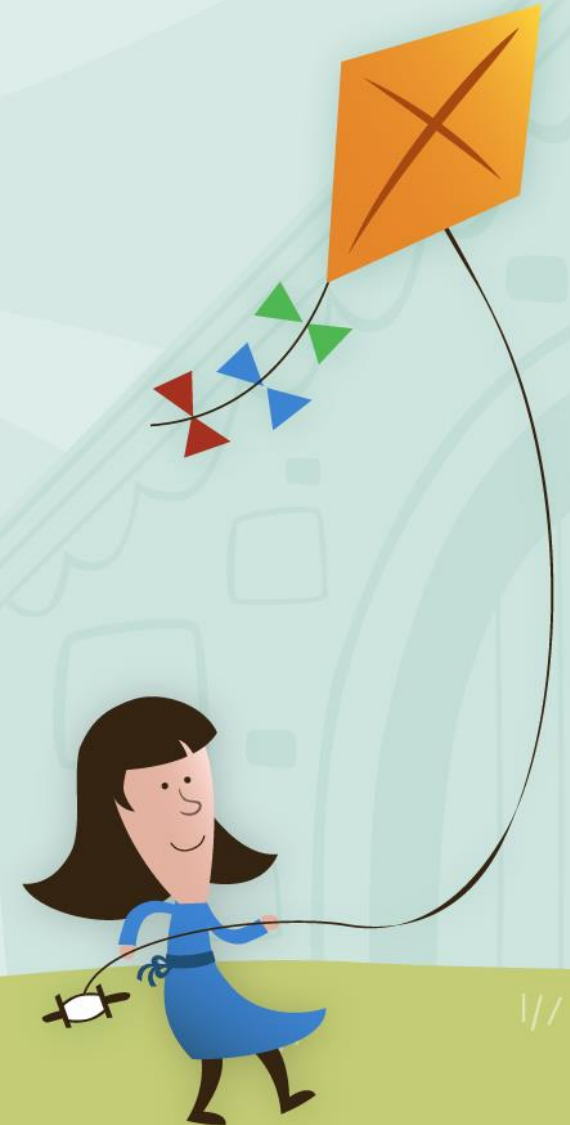




Returning to school

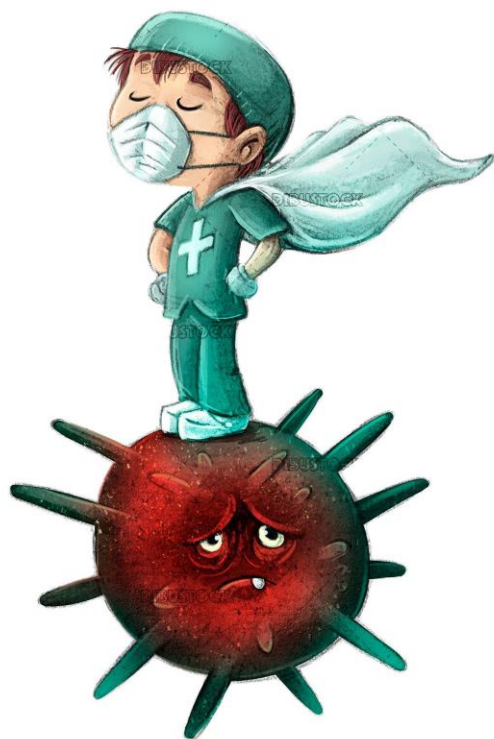


Tips to prepare your worried children returning to school after coronavirus lockdown





Parents and pupils are not just concerned about the risk of Covid-19, but how children will adapt to new practices, such as staying in fixed bubbles and keeping their distance from teachers.



Going back to school after a long break can be disruptive for children at the best of times. But as many students prepare to head back to the classroom a number of weeks in lockdown, pupils and parents have never felt more apprehensive. There are not just concerns about the risk of Covid-19, but also how children will adapt to new practices, such as staying in fixed bubbles, not being able to bring their own supplies from home and keeping their distance from teachers.

TOP TIPS



Identify their fears

Start by asking yourself if your concern about schools reopening is genuinely shared by your offspring?

Whilst most children are happy-go-lucky by nature and optimistic about life, but they are worried at the moment because their parents are.



Remember:

- Children pick up on what is happening to the important individuals around them.
- Stability is also really important to children, but all of that went out of the window with the pandemic.
- While you can reassure them, you can't tell them nothing has changed. They have clear evidence because they can't see their friends or grandparents, or go to school.
- The fear about transmission of the virus is an adult fear. However, this is not the child's fear. So if they seem worried, ask them why.
- Prepare for schools going back in the same way you'd approach the end of the summer holidays.





The Charlie Walter Memorial Trust
Organising the 'Back to School' event

Helping your child back to school

Plan
ahead
together -
try using
pictures...

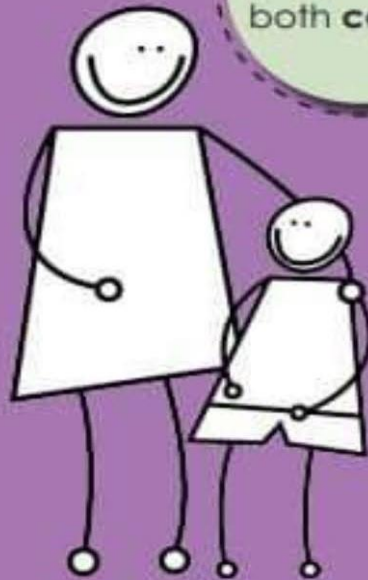
...the
morning
routine, their
uniform, the
journey to
school

Focus on
what you
both **can** do

Not
everything
will be different -
the staff, building
and some
routines will still
be familiar

Give
praise
when they
talk about a
worry

It's OK to
feel worried
about change -
let them know
that!



Put on a united front with the school

Teachers are competent professionals who will manage this situation for the best. Listen to the staff, take a lead from them and back them. Teachers are important figures in their lives and any conflict will create a division of loyalties that will be upsetting.

Remember that the school staff have the best interests of your child at heart and will do whatever it takes to keep them safe.



Preparing Your Child For the First Day Back in School

As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.

Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – “it’s completely fine to feel like that at the moment” or “I can really understand why you would feel like that”



Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your ‘goodbye’ routine and create a ‘hello’ greeting for the end of the day for them to look forward to.



Positivity

Sticking to rules can be tricky at the best of times for young children, so find out how the school will tackle any breaches and try not to blow transgressions out of proportion.

New measures will be hard to stick to, especially for young children, who will inevitably break out of their bubbles. Remember that positive reinforcement is better than negative punishments.



Focus on the benefits

Do not lose sight of the good reasons why their child should go to school, especially when evidence suggests the risks to them from Covid-19 are low.



MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

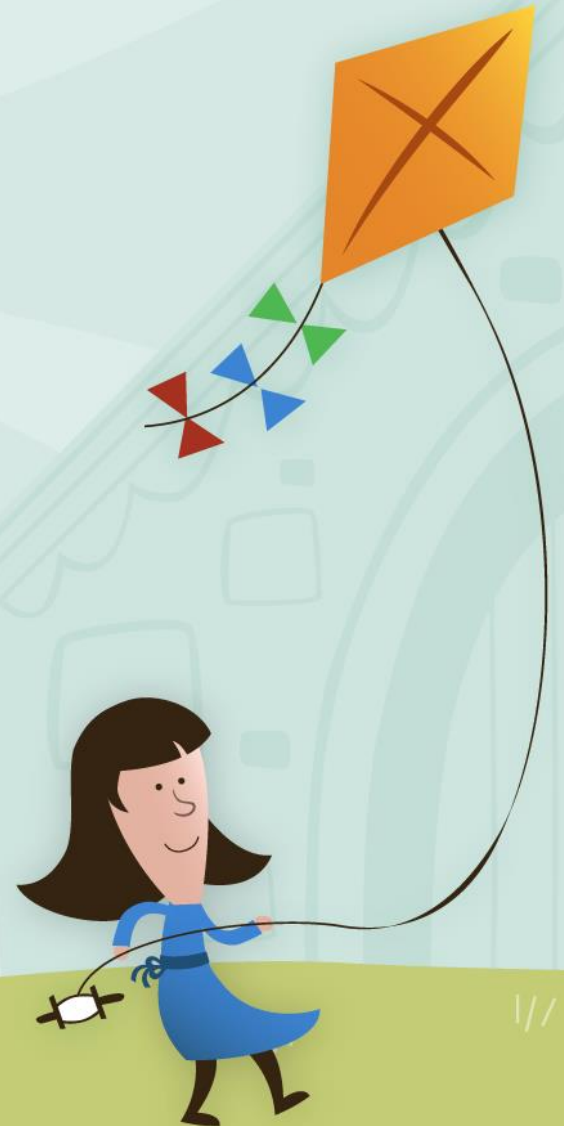
For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



SMILE!

When you wave your children off for their return to school, smile! This will show your child that you are confident in the decision to return to school and make their anxieties lessen.



Showing young children the importance of hand washing

<https://youtu.be/yn-q4S3GoyU>

NHS support with Covid anxiety

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips>

Wellbeing support

<https://www.htjce.co.uk/Wellbeing-Support/>



Remember our website has more information...

<http://www.sharow.n-yorks.sch.uk/>

We are here to support you and your child, together, we will get through this.



<https://www.youtube.com/watch?v=JeJvKkB V6rY>

