



TIPS FOR PARENTS AND CARERS – PREPARING YOUR CHILD TO RETURN TO SCHOOL

Start Talking Your child might have worries about the virus, restrictions in place or their education and school. You can explore these and help them think of ways to manage them using our Times for Us pack or the resources on the Family Links website.

Sleep routine Sleep is very important for your child's mental health and wellbeing, as well as their development. Try and help your child build a healthy sleep routine which they can maintain whether attending school in person or not. Our guide on improving sleep could be a good place to start.

Coping Strategies You use when feeling stressed such as speaking with friends or family, doing regular exercise or using breathing exercises. If you feel comfortable, you could share your own worries and feelings about the current situation and ways you are managing these feelings.

Making yourself available as much as possible Children may want to come and "debrief" but maybe not when you expect. Create space for talking in different ways, such as going on a walk together or baking together – there may be less pressure in these circumstances than when sitting face-to-face.

Look at the positives It might be helpful to talk with your child about the things they have enjoyed during the pandemic and what they may be looking forward to, like their favourite shop reopening, seeing friends in the park or getting ice cream from their favourite café.

This information is taken from the following link:

<https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown/tips-parents-carers-return-to-school>

