



# SUPPORTING YOUR CHILD RETURNING TO SCHOOL

## GUIDANCE FOR PARENTS AND CARERS

Returning to school after a long period of Distance Learning can feel different for every child and we as parents and schools must understand that this is absolutely normal.

### THE FIRST FEW DAYS BACK

Parents can help by:

- Staying calm and positive about the return to school.
- Helping them prepare-take them for a haircut, buy some school snacks together.
- Acknowledging mixed feelings-excitement, fatigue, elation, worry can all exist together.
- Keeping routines simple and predictable (particularly with younger children).
- Allowing them to “catch up” academically at their own pace.



### AT HOME, FOLLOW THESE SIMPLE GUIDELINES



- Regular or even slightly earlier sleep and mealtimes.
- Talk to them about what school will be like.
- Acknowledge feelings without being a hurry to “fix” them.
- Help them to prepare revision schedules.
- Reassure your child that we are all here to support this transition.
- Avoid watching the news and engaging in speculative conversations around children.

### LOOKING AFTER YOURSELF SO YOU CAN SUPPORT YOUR CHILD

- Avoid being overexposed to the news.
- Process any worries with a friend or relative but not with your child.
- Find time to pause in gratitude for the simple joys of life.
- Trust in the school’s preparedness and ability to care for the children.

