



Going back to school

The last few months have been far from normal with school closures across the country. For many this will have been an upsetting and unsettling time. Now that we are going back to school emotions about returning to school will be mixed – are you ready? Does your child even want to go back to school? It can be daunting after having a prolonged period off from school to get back into the swing of things!

Use the tips and pointers below to support your child getting Back to School ready!

Try to be organised and get back into a routine

Routines are bound to have changed and you will have had to be flexible – that's ok and understandable in the circumstances.

Positive self talk

What could you say to yourself if you were feeling worried or anxious?
For example "I'll be ok" "this feeling will pass" "I can do this"

Talk about your worries!
You could create a worry box or message book for your child to write their worries down in.

Draw a picture

It may be easier for your child to draw how they feel than explain it in words.



Validate Acknowledge and Normalise



Be open to listening to your child's worries. Remember they may not seem important to you, but they are to your child. It can be comforting to know that lots of people feel like this.

What are your memories of school? Encourage your child to think of at least 3 positive things about school.