

Back to School-5Tips for Parents

1. Explain that there will be new routines and rules

It's important our children don't go into school expecting everything to look like normal (as some things will have changed) - only to get a shock when they walk through the door.

Explain things might look different - but tell your child not to worry, because the teachers have been thinking about how to make the school safe and will help you get used to the new layouts and routines

2. Talk about worries or fears

In the run-up to returning, make time for little conversations about how they're feeling about going back to school.

Be careful how you do this - the aim is to see if they do have concerns, not to plant new ones!

3. Convey calm

It's natural for all parents to have some level of anxiety about returning their child to school.

But however you feel on the inside, it's important to convey calm to your child.

Kids pick up on lots of little clues about how their parents are feeling - and they use this information to inform how they should be feeling. If we look worried, they pick up on this and start worrying too! If your child does have worries, acknowledge their concerns first before offering reassurance.

4. Routines for sleep

In most families, routines around kids' sleep have become more... flexible!

Bedtimes have drifted until later in the evening... and kids are getting up later in the morning as a result

You should have started moving your child's bedtime back towards normality now. Doing this gradually, before they get back to school will make their transition much smoother therefore they won't be so tired after a full day at school.

5. Be kind to yourself

Everyone has been through an emotional rollercoaster over the last few months - that includes you and your child.

And if you've felt overwhelmed or worried about sending your child back to school, that's okay. It's entirely normal.

So be kind to yourself.

Make sure you:

- Build in time for activities you find de-stressing
- Get some exercise (even if that's just walking)
- Take some time alone, if you need it