



Top Tips for Parents for your child returning to school

Although you have made the decision to send your child back to school, both you and your child may have some worries about this. In order to support your child's return, the following might be helpful. Some children will be looking forward to this, others will have enjoyed their time at home and will not be keen to return. Although we have all been forced to have some time away from school, school is important for children. Reasons include the fact that it provides:



- ❖ A routine and structure to your child's week
- ❖ Opportunities to practise and learn social skills and to build and maintain friendships
- ❖ Sociable learning-children get the opportunity to learn alongside and from other children their age and discuss work in groups
- ❖ Opportunities to learn in varied ways

You can start to get your child back in to a school routine by:

- Ensuring they go to bed on time now and waking them at the time they usually wake for school, encouraging them to get as much sleep as possible
- Starting a conversation about how they are feeling about going to school
- Explaining to them that school will be organised in a different way. Share information about how school will be different, at a level that they understand, for example, explain that they may be in a different classroom, school timings may be at different
- Explaining which things will be the same
- Discussing the things they are looking forward to as well as any worries or things they are not looking forward to. Try to get them to think of at least one positive
- Focussing on the positive reasons why you are sending them to school
- If you are worried about school return, try to manage your worries so that you do not pass them on to your child
- There will be some children who do not return to school- explain to your child that every family is different, and some families may not be sending their child to school for specific health reasons related to them or a family member. That does not mean that your child should not return to school. We must respect other people's decisions while making the best decision for our family
- Asking your child to think about one thing they have enjoyed doing over the past few weeks in case they are asked to talk about it in school
- The night before they return, plan to spend some time with them before bedtime doing an enjoyable calming activity together or looking at a favourite book together.

