

# 4 C's for Supporting Children Looked-After Returning to Formal Education

**Care**  
Prioritise Wellbeing



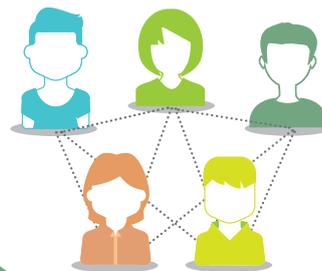
**Communicate**  
Shared Understanding



**Connect**  
The Power of Relationships



**Collaborate**  
We're in this Together



**Children Looked-After Education Project**

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# 4 C's for Supporting Children Looked-After Returning to Formal Education

## Care

### Prioritise Wellbeing



- Show that you are keeping the child in mind by referring to their interests and experiences.
- Help the child to feel valued - personalised greetings, check ins, random acts of kindness.
- Indulge in play and build upon personal and self-directed learning from the lockdown period.
- Provide structure and predictability through consistent routines.
- Look after yourself - reach out to others, relaxation, exercise, record 3 Good Things.

## Communicate

### Shared Understanding



- Clear information about COVID-19 measures – be honest and invite questions.
- Key messages: “We are glad to see you back”; “You are safe here”; “I want to hear your story”
- What is the child’s behaviour communicating? Fear? Lack of trust? Seeking connection?
- Promote communication through visual scheduling, social stories and “parts language”.
- Whole-school level: maps & virtual tours, information zones, videos from staff or older peers.

## Connect

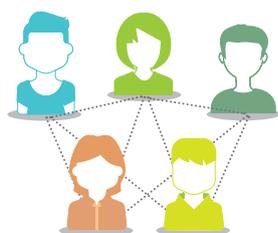
### The Power of Relationships



- Regulate through repetitive and rhythmic sensory activities.
- Relate to the child through playfulness, acceptance, curiosity and empathy.
- Reason with the child using role-play, choices and modelling of coping strategies.
- Consider transitional objects for separations – post-it notes, pebbles, bracelets, photos.
- Arrange for “time in” with a key adult for co-regulation of emotions.

## Collaborate

### We're in this Together



- Liaise with the parent/carer. What was life under lockdown like for the family?
- Elicit the voice of the child. How do they feel about the return? What help would they like?
- Talk to previous teachers and key adults – find out about successful strategies and resources.
- Contact the child’s social worker and other relevant professionals.
- Harness the “team around the child” – reflect on situations and consider solutions together.

Children Looked-After Education Project & Educational Psychology Service

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