

Transcript – Supporting children as they return to school

Who would have dreamed that as a parent you would have swiftly moved to the role of teacher in your own home for your children? Parents have had very different experiences during recent months and now it's time to support your child as they are going back to school.

1. Make time to listen. It may be that school looks and feels a little bit different for your child. Talking about this during the process of transition may help your child to settle and understand the changes.
2. Communicate. By making time to communicate and discuss any worries or fears with your children you will help them to express themselves.
3. Stay connected. It's important to stay connected with your child's school. Read all information that is shared carefully and make sure that your details are up to date so you receive all relevant communications.
4. Look after yourself. Everyone has been through an emotional rollercoaster over the last few months and that includes parents. Try and find time to do things that will help you to stay positive. This will in turn help you to support your child.
5. Routine. During the last few months routines may have changed. It's important that your child is ready for learning so try and aim for good bedtime routines.
6. Stay calm and positive. It's natural to feel worried about your child returning to school but it's useful to maintain a positive and calm attitude- even if this is only conveying calm on the outside!
7. Keep Active! Exercise is really important. Now is not the time to forget about keeping yourself happy and healthy. Try to get at least 15 minutes a day. Walking, an online workout, dancing, all help get your heart pumping. And do it outside if you can – fresh air every day is great!
8. Be kind to yourself! Many parents have found this time challenging. All we can do is try our best and that is what you have done.