

## Review

- ✓ Praise your child for returning to school and acknowledge that it is going to take time to transition and settle back into routine.
- ✓ At drop off, separate from your child confidently and calmly, if they resist, model calm behaviour "I can see that going to school is making you scared, but you still have to go. Tell me what you are worried about, so we can talk about it".
- ✓ Plan your after school conversations and rather than just focusing on the challenges it's helpful to recognise 'what are 3 things that went well today'.
- ✓ Build in some down time when your child returns home from school, if possible take them for a walk or engage in a relaxing family activity.
- ✓ If you have any further concerns please speak to your teacher, principal or seek external support from a GP or qualified mental health clinician.

## Act

- ✓ Set up a routine in preparation for your child going back to school including dinner, bath and bed times. Agree on revised bed and wake up times as these may have changed during home based learning.
- ✓ Ask your child to help you prepare all school equipment – school bag, books, lunch box etc. A visual checklist might be helpful to remind children what they need.
- ✓ Practice wearing the uniform, hat and shoes before being back on site. Encourage school routine during home based learning including crunch and sip, recess and lunch time.
- ✓ Talk about or trial any new drop off/pick up arrangements.

# Returning to School

## Analyse

- ✓ Explore the positive and challenging aspects of returning to school with your child. Emphasise the positive aspects.
- ✓ Listen and try not to dismiss or minimise their fears but validate how they're feeling. 'it has been a difficult time and there has been lots of changes and uncertainty, it's okay to feel overwhelmed'.
- ✓ Model and practice calming strategies . Use relaxation exercises, breathing and grounding techniques such as 'noticing 5 things you can see, touch, feel, hear and taste, taking 5 deep breaths, going for a walk, rest/exercise).

## Plan

- ✓ Brainstorm ideas that could help your child prepare to return to school i.e. engaging with friends before returning, becoming familiar with the school routine again, allow space for your child to verbalise/label any worries/concerns that may arise.
- ✓ Check in with your school regarding social distancing expectations, mask wearing and hygiene changes and model these at home .
- ✓ Explore the COVID-19 resource pack provided by your school.