

## TOP TIPS FOR PARENTS



# Supporting Your Child's Return to School

### PLAN AND PREPARE



Having a plan in place can help children to feel more in control. Discuss where and how you will drop them off, where they will eat lunch, how they will use the toilet and what pick up will look like.

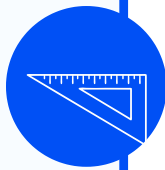
Think together about things your child may need for their return and get these ready in advance.

### REINTRODUCE NORMAL ROUTINES



A week or two before term begins, get your child to begin to go to bed at their usual time and wake up at the time they would need to for school. There may be some resistance to this, but in the long-run it will be helpful. Share the importance of a good night's sleep and think about limiting screen time - what's allowed when?

### RECONNECT WITH SCHOOL



Familiarising your child with school in some way prior to the return can help your child to feel connected again. You may like to read newsletters together, look at the website or reconnect with their friends prior to the return. Inform the school about anything significant that may have changed for you/your child so they can be ready to support you.

### UNDERSTAND THE RULES

Check-in on your child's understanding of the rules that will be in place in school and why these are important, and answer any questions they may have. Think together about things that will have remained the same, as well as things that may have changed about their school day.



### TALK TO YOUR CHILD ABOUT HOW THEY FEEL

Provide an opportunity for your child to tell you about any worries they may have, as well as things they are looking forward to. Talking when playing or on a walk can support opening up without it feeling pressured. Remind them that feeling anxious is completely normal, and that you and their teachers are there to support them. You may like to reflect on the challenges you have overcome during lockdown, and provide some hope that things may feel more positive in the future.

If you are anxious about your child's return, try to manage these worries and not convey this to them.



### LOOK AFTER YOURSELF



It's important to carve out moments in the day for yourself. Some peace and quiet, your favourite music or a nice hot drink are some ways you may feel relaxed and calm, and therefore more able to meet your child's needs during this time.

Be kind to yourself, expect ups and downs with how you and your child feel, and talk to others in your support network or professionals if you are struggling.

## Further Resources:

- Video created by the School's Wellbeing Service providing further advice and strategies around managing worries about returning to school - <https://vimeo.com/backtoschoolworry/>
- Workbook to support parents and children think about the return to school - <https://www.lancashire.gov.uk/media/917233/helping-my-child-return-to-school-after-coronavirus.pdf>
- YoungMinds Parents Helpline and Website - 0808 802 5544 (Mon-Fri 9am - 4pm) and <https://youngminds.org.uk/find-help/for-parents/>
- Anna Freud Website - <https://www.annafreud.org/>
- Autism specific advice from the National Autistic Society - <https://www.autism.org.uk/services/helplines/coronavirus/updates/education-and-school/back-to-school-guide.aspx>
- Bromley Information, Advice and Support Service provide impartial support and advice for parents/carers of children with special educational needs - [https://www.bromley.gov.uk/info/8/special\\_educational\\_needs/64/information\\_advice\\_and\\_support\\_service\\_iass](https://www.bromley.gov.uk/info/8/special_educational_needs/64/information_advice_and_support_service_iass)
- Bromley Children's Project offer free parenting courses and a hotline to support parents with managing behavioural issues. [https://www.bromley.gov.uk/info/200071/parental\\_support/769/bromley\\_children\\_project](https://www.bromley.gov.uk/info/200071/parental_support/769/bromley_children_project). Hotline - 020 8461 7259
- Bromley Community Wellbeing Service offer 1-1 support and advice for children and their families - <https://www.bromleywellbeingcyp.org/refer-now/>