

Helping prepare you and your child for their return to school

1. Tell them that school will be good, they will be welcome, looked after and they will be able to manage and do well.



2. Explain what might be different.



3. Remind them that there will be help if they forget what to do or need help.



4. Make sure they know what they need to take to school and practice getting this ready.



5. Allow them to talk about their feelings - what are they most looking forward to, is there anything worrying them, do they have any questions?



6. If they are travelling in a new way or it has been a while since they went to school then have a practice journey.



7. Try to give some choice if possible so the child feels they have some control



8. Keep talking when they go back to school - check in at the end of each day



9. Stay calm and keep in touch with school if you have any queries - don't pass your worries onto your child



10. Don't be afraid to admit there are some things we don't know but everyone is acting in the way that we believe keeps them safe - their safety is the school's main concern

