

Routines

Your child's routine might have changed during lockdown and may need to be adjusted as a result of going back to school. It may be useful to create a morning routine to help your child get ready for school and an afternoon routine for the transition to home.

The morning routine could include things that will support your child in remaining calm, using visuals and minimal words can be really supportive.

The afternoon routine could include information about who will be picking them up and what they will be doing after school.

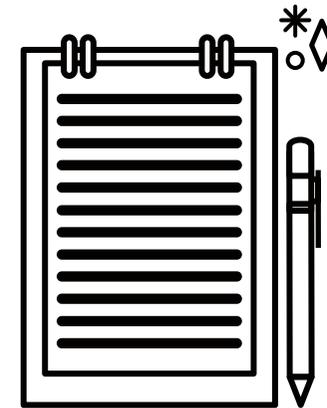
Including your child in creating the routine can support the child to be less anxious as the routine will be familiar and predictable.

Giving information

Think about how much information your child needs and how they process information. An anxious child has lots of questions but often the answers to these questions can create more questions if there is a lot of time to think!

Talk to the school if you know your child is feeling anxious. Tell them how you have prepared your child and if you feel it would be useful for the school to support them further. Maintain this communication after they have gone back to school so you are able to see how they are coping. Sometimes your child's perception of how well they are coping may be different to how they are presenting. It is good to focus on things they have done well to increase resilience, you can gain information about this from school.

When communicating with school identify specific triggers that your child has said they will find difficult so everyone is aware and everyone can support around these triggers.



BACK TO SCHOOL SUPPORT

MHST PORTSMOUTH



Solent
NHS Trust

WORRIED ABOUT GOING BACK?

When thinking about going back to school we might feel worried and have lots of thoughts. These thoughts can feel overwhelming...

I am worried about having a covid test.

What if I don't understand the work anymore?

What if I get lost?

Will my classroom look different?

I don't like wearing masks

What will happen at break times?

Can I sit next to my friends?

Its important to remember that worries are normal, everyone will be experiencing worries going back to school. We are having to adapt to something that keeps changing, change makes people anxious!

What might anxiety look like?



Anxiety can look different for everyone but if your child is acting in a way that is different to normal and you aren't sure why, ask questions and be curious. When anxious children feel heard they feel understood which can reduce anxiety.

What is worrying you?

What do you think will happen?

What is the worst thing that might happen?

What is it about this situation that frightens you?

CHANGES AND ANXIETY.

Change can cause anxiety, change removes the predictability which makes things seem scary.

The school will look different and have different things in place to keep everyone safe. It might be useful to consider with your child what they know will be different and what will be the same. If we can prepare our children for the changes they will experience we can minimise some of the anxiety. Think with your child about what they know will be different and fill in a table.

E.g. Changes could be social distancing, increased handwashing, one way systems.

Things that will change	Things that will stay the same