

## What might I need to be ready to return to school?

Talk to me about my favourite things at school

Praise me when I try to do things independently

Read my favourite stories and then I can share them in school

Tell my teacher how to recognise if I'm feeling anxious or worried

Play games with me that I played in school

Talk to me about staying at school on my own

Talk to me about my friends at school

Make links between routines at home and school e.g. meal times

Talk to my class teacher about what they expect



## What can my parents/carers do to help me get ready?

Re-establish routines e.g. mealtimes

Ask for photographs of any changes to my classroom

Share fun things we've learned together with my key person/class teacher

Make a boasting book to help me share what I did during lockdown

Talk to me about things I am doing that my school have suggested

Talk about my behaviour and the emotions behind them with my class teacher

Share ideas that will help me to feel happy and confident

Celebrate what I can do

Maintain good eating and drinking patterns



## Top tips for parents and carers



### Be prepared for returning to school

- Talk to your child about happy things that happened in school
- Keep in touch with school friends using technology e.g. Google duo, Zoom etc.
- Look at the school website or social media to keep updated
- Share pictures and snap shots of things you do during lockdown
- Share activities you have done suggested by school with friends
- Respond to the things that the school send home or share on social media with your child
- Walk past the school building, if it is close, on some of your walks
- Talk to the school about transition arrangements and social distancing
- Check if there are any virtual tours and video opportunities with the school
- Ask for photographs and information about your child's key person/class teacher to support conversations and build positive anticipation
- Discuss how additional support will be provided for children such as, those with special educational needs, education and health care plans or looked after children
- Re-establish routines around meal times, bed time etc. if necessary
- Share your concerns and expectations with the school
- Explore potential phased return with employers to reduce anxiety around expectations and possible phased return to school

### Returning to School

- Talk to the school about your child's development during lockdown
- Talk to the school about the things your child has enjoyed the most during lockdown – their interests
- Share stories and games that you have played during lockdown to support continuity during transition
- Be aware of your own emotions so that you don't transmit your anxiety to your child
- Talk to the staff about your child settling in again, if their interests have changed and how they are feeling
- Follow your child's lead during the transition and respond to their emotions as they happen
- Expect the school to provide a curriculum of learning through play with a clear focus on personal, social and emotional development
- Be positive but be honest; don't dismiss your child's emotional behaviour, they are showing you how they feel
- Act on any concerns swiftly to minimise impact of adversity and maximise support available
- What is important to you and your child when they begin to return to school?