Supporting children return to school

Information for Parents

Returning to school after a period of homeschooling at home, Covid-19 lockdown, or after a period of quarantine or self-isolation can be a difficult experience for children whose routines have been disrupted by the pandemic. It's natural for you both to be nervous. While some children may be eager to return to their old routine, others may need help to adjust, so it's a good idea to start planning how to support your child and make it as stress-free as possible.

Here are some tips to help you support your child's return to the school environment:

Talk about the new routine
Talk through what to expect, what school have said will happen and what they should do. If your child has been waking later and going to bed later, try to start getting back to usual morning and bedtime routines. Have a clear routine for school mornings and establish a calming bedtime routine.

Talk to your child about how they are feeling
Ask them how they are feeling about going back to school and try not to make assumptions. Ask them if they are worried or feel scared about anything, but also if they are excited or looking forward to something. No matter how your child feels, let them know that it is completely normal to feel a mixture of emotions and that everyone will be feeling slightly similar. Remind them how amazing they are.

Think ahead
As well as reflecting on what has happened during the past few weeks, it is important to help children develop hope and a sense of excitement for the future. Identify and plan some things that they can look forward to.

'For a child returning to school, having a strong relationship with someone they feel safe with can be vital.'
Remind your child who they will see at school, include staff and children.

Gather a soothing item for them to have in their pocket or bag

Validate emotions

Empathise

Arrange something fun for them to return home to

Remember to 'stay calm to bring calm'. Think about how to support your own feelings. Please get in touch if you have any concerns.

A poem about going back to school

We're going back to school; we might feel sad to say goodbye,
But **friends are just like sunshine** – they will help the tears to dry.

We're going back to school; we might feel nervous at the door,
But **joy will soon take over** when we see our class once more.

We're going back to school; we might forget a rule or two,
But **soon we will remember** as we gently talk them through.

We're going back to school; we might do things a different way,
But **new will turn to normal** as we practice day by day.

We're going back to school; we might not say that we're scared,
But don't forget **a problem gets much smaller once its shared.**

We're going back to school; we might have grown ups who are new,
But **we will get to know them and they'll get to know us, too.**

We're going back to school; we might be facing the unknown,
But doing them **together means we'll never be alone.**

We're going back to school, where we will laugh and learn and play,
Then head back home for cuddles once we've had a lovely day.