



Welcome back, parents!

As the new school year begins, your child might need some extra support following the summer break.

Listen actively, offer a safe space for their concerns, and help establish a balanced routine. Your guidance makes a difference during this exciting yet challenging time.

However, if your child is reluctant to get back into the school routine there are some hints and tips over the page.

Look after yourself too! You may feel relieved to have everyone back into a routine, but you might miss the chaos and company? Give yourself time to adjust.

A TIME OF CHANGE

Primary age is an important phase of child development. At this age, children undergo significant physical, emotional, and social changes that shape their personalities and behaviours. What can you do to support this important time of change, particularly as they return to school?

- maintain good open communication and be ready to listen
- set reasonable boundaries and guide them whilst providing support
- discuss their feelings and help them label and name their feelings
- problem solve together when there is overwhelm or difficulties to navigate.
- provide opportunities for physical activity, this not only promotes physical health but also helps children develop confidence and resilience.
- encourage social interactions and teach dealing with conflict resolution which helps children build crucial interpersonal skills.



**One child, one teacher, one book, one pen can change the world -
Malala Yousafzai**

Hints and Tips for getting back into the school routine

Education is crucial for learning, friendships, key skills and preparing children for their future. So, what can you do if your child is reluctant to go to school?

- develop or maintain a normal morning routine and keep focused on the steps of the routine, rather than the goal of 'getting to school'.
- stay as calm as possible and be consistent with your expectations and the reasons why.
- if they are anxious, reassure them that the feeling will pass and talk together about some strategies which will help manage the overwhelm.

- make sure they have time to relax outside of school hours and that you are there to talk before and after school should they need it
- if they continue to be reluctant to attend, talk to a member of staff in school as soon as possible. This could be a pastoral member of staff, SENDCo or attendance lead.

Strategies for managing overwhelm in school. Talk together about what will work as we are all different.

- write down thoughts (journalling)
- deep slow breathing
- focus thinking on the positive and challenge the negative (our thoughts are not facts)
- encourage thinking which chunks the day into manageable times to help focus on the here and now, rather than worrying about 'the whole day'

YOUNGMINDS
fighting for young people's mental health

Parents Helpline and Webchat >

The best way to predict your future is to create it.

Abraham Lincoln



what do we know about childhood anxiety and what can parents do about it?

