

Support for returning to school

Coming back to school from a long absence can be difficult but there are ways we can help ourselves (and get help from others).

Ideas for conversation:

Give emotions names.

These can be names such as “sad”, “angry” or “worried” or “shakey”, “fuzzy”, “spiny”.

Example: “I was so excited to go to the shops, but then when I got there, I felt surprised and disappointed because it wasn’t the same. I felt a bit fuzzy the whole time, a bit wibbly wobbly. I was happy to come home but it was also fun to drive somewhere new and see the trees. That bit felt a bit scary but it was also nice”

- Ask them what your children are looking forward to, what might be different and what they are expecting.
- Use your own feelings to help your child understand theirs:

Parent: “How do you feel about going to school?”

Son: “I might feel a bit nervous”

Parent: “I’m going back to work again soon and I’m feeling a bit nervous about seeing people”

Son: “Like you’re a bit nervous that they might have the cold, and you don’t know, and then you’ll catch it”

Parent: “Yep, exactly like that. But I’ve been thinking...I’ve thought of some stuff I can do that will keep me safe”

Services available to families:

<https://www.keeth.com/> Free, safe and anonymous online support for young people