

If there is anything you as a family do to support you or your child's wellbeing. Please let Lindsay Cooper-Smith know by emailing:

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## Preparing Your Child For the First Day Back in School

*As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.*

### Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



### Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – "it's completely fine to feel like that at the moment" or 'I can really understand why you would feel like that"



### Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



### Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



### Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



### Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to.



## Say Hello, to our Wellbeing Friends

Do you need a companion for a friendly chat?

Why not book a one-to-one with our 'Wellbeing Friends.' We can phone you each week to check in, see how you are doing and have a chat. Our friendly team are already supporting 400+ people and we are here for you.

You do not have to face these difficult times alone.

Free, confidential and available Monday-Friday

Contact us now to book your Wellbeing Friend.

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# 8 WAYS TO CALM DOWN ANYWHERE



## 1. COUNT TO 5

COUNTING IS A GREAT WAY TO HELP CHILDREN LEARN HOW TO STOP AND THINK BEFORE REACTING TO THEIR ANGER. THIS SIMPLE TACTIC GIVES THEM A CHANCE TO THINK BEFORE THEY ACT.

## 2. TAKE A DEEP BREATH

DEEP BREATHING IS SUCH A GREAT RELAXATION TECHNIQUE. DESPITE HOW THEY ARE FEELING, TAKING A DEEP BREATH (OR TWO) CAN HELP THEM CALM THEIR BODIES MORE QUICKLY.

## 3. BLOW INTO YOUR HANDS

THIS IS ANOTHER TECHNIQUE FOR PROMOTING DEEP BREATHING. BY BLOWING DIRECTLY INTO THEIR HANDS RATHER THAN THE AIR, THE CHILD RECEIVES FEEDBACK AND CAN FEEL THE STRENGTH OF THEIR BREATHS.

## 4. PLACE HANDS IN POCKETS

THIS ACT PROVIDES CHILDREN WITH SOME DEEP PRESSURE AND PHYSICAL RESTRAINT. AN ALTERNATIVE TO THIS WOULD BE TO SIT ON HANDS OR CLASP THEM TIGHTLY.

## 5. ACKNOWLEDGE

IT IS SO IMPORTANT THAT CHILDREN BEGIN TO NOTICE AND REALISE WHAT HAPPENS TO THEIR BODIES WHEN THEY BECOME ANGRY. WHAT DOES THEIR FACE FEEL LIKE? IS THEIR TENSION IN THEIR BODY?

## 6. MAKE A FIST THEN RELAX HAND

SQUEEZING HANDS INTO FISTS AND THEN RELEASING IS A GREAT WAY TO REMOVE SOME OF THE TENSION BUILT UP IN THE BODY. OFTEN CHILDREN DO NOT REALISE HOW MUCH TENSION THEY ARE HOLDING IN THEIR BODIES WHEN BECOMING UPSET.

## 7. DO A BODY SCAN

START AT THE HEAD, WORKING DOWN THE BODY, NOTICE AREAS OF TENSION AND RELAX THOSE MUSCLES

## 8. ASK FOR A HUG

HUGS MAKE EVERYTHING BETTER. THE SQUEEZE AND RELEASE RELIEVE TENSION AND MAKE YOU FEEL BETTER. HUG IT OUT