

TOP TIPS FOR DEALING WITH ANXIETY IN CHILDREN RETURNING TO SCHOOL!

WHILE SOME CHILDREN CAN'T WAIT TO RETURN TO THE CLASSROOM, IT'S UNDERSTANDABLE THAT OTHERS WILL BE ANXIOUS, NERVOUS AND SCARED ABOUT BEING BACK AT SCHOOL ESPECIALLY IN SUCH STRANGE CIRCUMSTANCES.

HERE ARE SOME OF OUR TOP TIPS THAT YOU CAN DO TO HELP:

- DRIP FEED THE IDEA OF GOING BACK
- DISCUSS WHAT THEY WILL WEAR AND EVEN TRY ON THEIR UNIFORM/SHOES TO SEE IF IT STILL FITS.
- DISCUSS WHAT THEY WILL BE HAVING FOR SCHOOL DINNERS, EVEN COOK ONE AT HOME.
- TALK ABOUT THE WAY YOU WALK/DRIVE TO SCHOOL AND EVEN DO THE JOURNEY.
- DISCUSS THE BEFORE AND AFTER SCHOOL ROUTINE.
- TALK ABOUT THEIR FRIENDS AT SCHOOL AND WHO WILL BE THERE WHEN THEY RETURN, EVEN TRY AND ORGANISE A ZOOM PLAYDATE WITH A FEW FRIENDS AND FAMILIAR FACES.
- GET IN TOUCH WITH SENCO TO SEE HOW THEY ARE GOING TO SUPPORT TRANSITION, CAN THEY SEND PHOTOS OF THE CLASSROOM, TEACHERS ETC?
- FINDING OUT THEIR SCHOOL TIMETABLE BEFOREHAND SO THEY CAN MENTALLY PREPARE.
- TELL YOUR CHILD THEY HAVE MADE HISTORY, NO OTHER CHILD HAS HAD TO USE ZOOM/MICROSOFT TEAMS ETC TO LEARN AND IN YEARS TO COME THEY CAN TELL THEIR GRANDCHILDREN THAT THEY SAVED LIVES BY STAYING AT HOME.
- SPEAK TO YOUR CHILD POSITIVELY ABOUT THE TEACHERS AND THE SCHOOL SO THEY DO NOT FEED FROM ANY NEGATIVITY.
- EXERCISE, GO FOR A WALK AND TRY SOME BREATHING EXERCISES SUCH AS THE 7 11 TECHNIQUE.
- GENTLE TAPPING ON THE ARMS

A WORRY BOX – SIMPLY FIND A CARDBOARD BOX, WRITE DOWN THE WORRIES AND PUT THEM INSIDE. THEN THROW THE BOX AWAY!

READ BOOKS WITH YOUR CHILD THAT FOCUS ON WORRY SUCH AS "RUBY'S WORRY" AVAILABLE ON AMAZON.