

# How to help your child as they return to school

R  
reassure

- About their safety
- That all feelings are ok
- That things might be different - find out from school what might be different.
- Seek reassurance for yourself about safety where needed

E  
empower

- Remind them and yourself how much you've all come through and how well they've done
- Focus on what you and they can control (they could draw a picture of this)

T  
talk it through

- Talk problems through in the same way each time with them
- Plan ahead for possible problems and worries
- Get together a list of things which will help (you could create a family toolkit or some cards to remind them)

U  
understand

- Remind them it's ok to have different feelings
- Listen
- Tell them you understand
- Talk about ways of coping

R  
routine

- Start to get children slowly back into a school routine (e.g. bedtimes, meal times)
- Practice skills they might need (e.g. sitting at a table, tidying up, packing a bag)
- Make lists and create reminders (for you and them)

N  
notice

- Notice any difference in your child (e.g. changes in behaviour, sleep, appetite/weight, not wanting to go to school, being more emotional)
- Talk to someone at school if you are concerned