## Tips for Parents & Carers – preparing your child to return to school

- **Talk about school** – start to talk through the daily routine that they were once so familiar with. It doesn't have to start as a conversation about worries, but these might arise as you talk.
- **Visit the school website/blog** and look at photographs of school and watch the tour of the school video posted under Parent and Carers, New Reception Parent Info 2020. This will help remind your child about how wonderful school life is.
- **Sleep routine** – help your child return to their normal sleep routine in the weeks before school starts again.
- **Practise transitions** - get your child to time how long it takes to put on school uniform and PE kit before their first day back. Go for a walk or drive past the school building. Make it a positive experience.
- **Model coping strategies** you use when feeling stressed such as reconnecting with friends before returning, doing regular exercise or using breathing techniques. If it applies, you could share your own worries and feelings about returning to work and ways you are managing these feelings.
- **Make yourself available as much as possible** – they may want to come and "debrief", but maybe not when you expect. Create space for talking in different ways, such as going on a walk together or baking together – there may be less pressure in these circumstances than when sitting face-to-face.
- **Look at the positives** – as schools reopen, other things will too. It might be helpful to talk about things the child is looking forward to, like their favourite shop reopening, seeing friends in the park or getting ice cream from their favourite café.

Remember your child's wellbeing is our priority and we are here for all our Lostock Family. If you need any further support, please contact the school office.

We look forward to seeing lots of smiling faces return to our school in September.