

Supporting Your Child With The Transition Back Into School Life



March 2021

It is a very uncertain time right now, especially as we prepare for the return to school and what that may look like. When it is time for your child to return to school, they may have lots of questions or be really excited. The full range of feelings and emotions are all normal in these very unusual circumstances.

After being off school for so long, it is only natural that many young people will be worried about returning to school.

Here are some tips on how you can support your child to transition back to school life:

1. **Talk to your child about how they are feeling** about going back to school and try not to make assumptions. Ask them if they are worried or feel scared about anything, but also if they are excited about or looking forward to something. No matter how your child feels, let them know that it is completely normal to feel a mixture of emotions and that everyone will be in the same boat.

Have a look at more advice on [starting a conversation with your child](#). (Ctrl+click to follow link)

2. **Provide your child with as much information about their new routine and school day as you can.** This will help them to prepare for any changes that have been made to the timings of their day, the layout of their classroom, their peer groups and playtimes. For younger children, it can be really helpful for them to visualise these changes – so ask your child's school if they can send any pictures to help make things feel more familiar.

3. **Reassure your child.** During the lockdown we have been told to stay at home, remain socially distant from others and wash our hands regularly. This means children may find it difficult to go back to school because it will be a huge change from what they have been asked to do during the pandemic. Talk with your child about ways they can stay safe at school, such as washing their hands before and after eating, and reassure them that the school are putting measures in place to keep them safe.
4. **Re-establish a routine to help ease into school life.** During lockdown it is understandable that your family's routine may have changed. Children are likely to have been waking up later or going to bed later. To help them get ready for school, try to gradually get them back into their usual morning and bedtime routines as they get closer to their return date.
5. **Don't put pressure on yourself.** The transition back into school is likely to take some time. Lots of children will experience ups and downs. Try your best to support, reassure and comfort them, without putting pressure on yourself to make sure their homework is done or they settle into a new routine straightaway.
6. **Think ahead.** As well as reflecting on what has happened during the past few weeks, it is important to help children develop hope and a sense of excitement for the future. At a time like this, it can be hard to feel positive, but identifying the things that they can look forward to will help them to realise that the current situation won't last forever and their feelings will change.

7. **Reconnect with friends.** Have they been in regular touch with friends over the past 2+ months? Are they worried friendships have weakened? Even if they kept in touch, find out if there's anything else they might want to do to reconnect now, as far as restrictions allow.

8. **Seek support if you need it.** Transitioning back to school after being in lockdown is no easy task. You may find that your child struggles to get back into school or experiences difficulties while they're at school. If this is the case, reach out to your child's school as soon as you can so that you can make them aware of the challenges and work together to support your child. If you are concerned about your child's mental health and you think they need professional support, speak to the school and your GP about the best next step.

Where can I find resources to help me help my child?

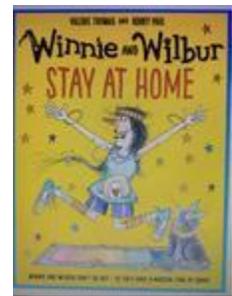
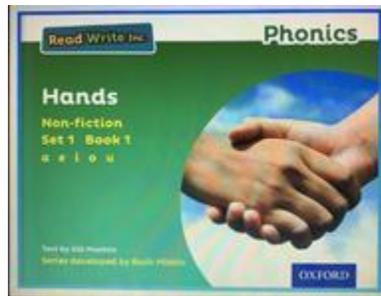
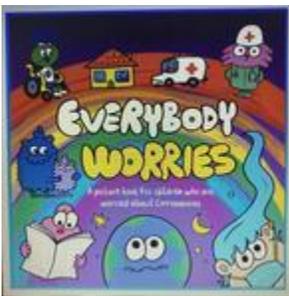
The following materials may or may not be useful to you when supporting your child. Have a browse through and use one to start a discussion or to address any worries or just enjoy talking about your time at home together.

(Click on the blue links to access these websites)

- [NSPCC](#) Talking to a child who is worried about Coronavirus
- [Young Minds](#) Supporting your child through the Coronavirus
- [Supporting well-being at home](#) The Idcision team have produced effective resources to support mental health and well-being at home

- [Bright Horizons](#) Government guidance about talking to your child about Coronavirus
- [Understanding the 2 metre rule](#) An activity that helps children understand the 2 metre rule
- [Encouraging hand washing](#) Make up a song with your child about washing
- [Don't Worry Little Bear](#) A site with a lovely story and activities for EYFS and Year 1.

These e-books are available to download for free from Oxford Reading Tree:



- [Oxford Owl Reading books](#) Access free ebooks

An illustrated book about Coronavirus for children

- [coronavirus-a-book-for-children.pdf](#)