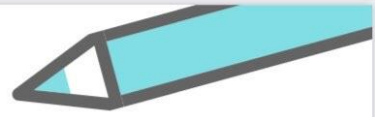


# Going back to school



We won't all feel the same about going back to school after Covid-19, and that's okay. Some children might not even know how they feel about going back but may show us in different ways. You might notice them acting differently or that they are quieter than usual.

## Before Day One

## What your child might be worrying about...

- Its ok to feel.... nervous
- Other people will be feeling it too
- You can only do your best
- What can we do together to make you feel less nervous?
- Are there pictures / videos of the school we could look at together?
- Forgotten where things are
- They might not be in a class with their friends
- Being away from mum and dad
- Being told off/getting the new Covid rules wrong
- Will everyone be wearing masks?
- What will my classroom look like?

Children's worries might seem small to adults, but they may seem big to children. We don't always have to fix everything, sometimes being there is enough.

## Helping your child to feel connected to you...

- Leave a little note in their school bag or lunch box
- Wearing matching items (e.g.: wristbands)
- Sending them a text in the day
- Your child could keep a picture of you both in their bag/pencil case
- You could tie an imaginary piece of string around your thumb and your child's thumb to show that even though you are apart you are still 'together'.

## During Day One

## Sharing experiences...

- What was the worst bit?
- How was your day?
- What was the best bit?
- What are you looking forward to tomorrow?
- Is there anything that would make tomorrow better?

At the end of the day, children may feel differently (tired/have lots of energy). They might need some quiet time wrapped in a blanket to calm or a walk to the park in the fresh air.

Supporting  
change  
team



Gwent  
Community  
Psychology



GIG  
CYMRU  
NHS  
WALES  
Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

