

Support your child if Covid19 impacts their school day

We know how different and perhaps difficult this school year has been so far. As a parent you want to protect your children from any discomfort and ensure they are safe when you are not with them. By preparing your child for their return to school you are supporting them to cope with the challenges they might face.

Talk to your child

Where appropriate, remind your child about what school might look like and what they should be mindful of e.g. adults wearing face coverings, washing hands more regularly with soap or hand sanitisers, being in smaller groups or 'pods' with classmates etc.

Keeping your connection

Your child may find this transition difficult, as may you. Using a 'transitional object' can support your child to feel connected to you when they are not with you. This could be a special stone you pick together, a photo of the two of you, a small teddy they can keep in their bag or a little note from you in their lunch box.

Always reassure

How anxious your child feels will depend on their temperament and you and your family's particular circumstance. Reassure them that you are there for them to listen to their worries and concerns. Talk to your child's teacher about some strategies that you know calm and support your child

Set a good example

As Covid19 remains in our community, we have a responsibility to remind ourselves and others how to remain safe. You should continue to wear a face covering when dropping and collecting your children to and from as per public health guidelines. Maintaining your physical distance from other parents and teachers where possible will continue to be important, and keeping your contacts with other households low. This will support your family to stay well during this time.

Don't forget to breathe

If you are feeling overwhelmed as a parent, take a moment in your day to mind yourself, take a big deep breathe in for 4 and breathe out for 6, do this three times. Reach out to others for support.