



## Well Being Newsletter

You and your child are likely to have mixed feelings about returning to school. They may be excited as they are back with their teachers and friends, or perhaps nervous and apprehensive because of coronavirus still being around. After a long period at home, routines may have been lost and social anxieties may have risen to the surface. It is important that we work together to make the transition back into school smooth for both parents and children.



**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.

**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.

**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.

**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.

**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.

### Helpful App



The **WorryTree app** aims to help you take control of worry wherever you are.

You can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries.



**CAMHS (Child and Adolescent Mental Health Service)** - CAMHS are offering telephone support on a Tuesday and a Thursday between 10am-3pm

**Doncaster Mind** - Providing a range of services which include one to one emotional support, telephone counselling and online personal development courses including Positive Wellbeing, Stress and Anxiety Course.

**Virtual Family Hub**- Virtual Support and activities service for families around Doncaster.

**Woodlands Speaks** – Offering wellbeing therapies on a one to one basis in various locations across the borough, call 07714 210747.



After such a long time off school, you might be finding it hard to get up and ready for school in the mornings. First of all it is important to get a good night's sleep so turn off your devices and have an early night! It is recommended that children need between 9-11 hours sleep each night!

Next try to stick to a morning routine like the one below. After doing the same routine each day for a week, it will begin to feel easier.

