

# RETURNING YOUR CHILD TO SCHOOL

## USING THE 5 WAYS TO WELLBEING

### BE ACTIVE

Regular exercise and time outside will improve their confidence and self-esteem. Support your child by doing this together. It will help the whole family!

<https://www.nhs.uk/change4life/activities/sports-and-activities>

### LEARN

Be prepared, check out the new school routines & COVID measures on your school's social media – plan what this means for your child.

Establish a clear morning and bedtime routine in readiness to your child's return to school.

Establish regular mealtimes.

Learn together about different coping strategies and practice using them.

<https://www.barnardos.org.uk/support-hub/back-school-strategies-coping-feelings>

### CONNECT

Encourage your child to make time to connect with school friends through phone, a social distanced walk or social media.

Re-connect safely with the journey to school, the environment, the building etc.



### TAKE NOTICE

Be aware of how you are feeling, model calmness, your child will pick up on your feelings and behaviours, provide reassurance, be positive about the experiences they will have on returning to school.

Recognise and appreciate the extra challenges your child may be facing going back to school

Take one day at a time.

<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/>

### GIVE

Give time to your child – talk and listen, reassure and remind them you're always there. Normalize any worries that they may have.  
Be kind to yourself and others, share your experiences, reach out.

### WE'RE IN THIS TOGETHER - REACH OUT FOR SUPPORT

Conwy Education Social Work Service

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