

WELL-BEING NEWSLETTER



COMING BACK TO SCHOOL

NEXT WEEK WE WILL BE WELCOMING OUR CHILDREN BACK TO SCHOOL. FOR SOME IT MAY BE THEIR FIRST TIME BEING AT SCHOOL FOR OTHERS IT MAY BRING NERVES OF MOVING INTO A NEW YEAR GROUP. FOR BOTH CHILDREN AND ADULTS THIS MAY BRING A MIX OF EMOTIONS. CHILDREN ARE VERY RESILIENT, AND MANY WILL TAKE COMING BACK IN THEIR STRIDE, BUT SOME MAY BE FEELING A LITTLE WOBBLY AND NERVOUS. LET THEM KNOW THAT HOWEVER THEY ARE FEELING IS OK AND THAT THEY WON'T BE THE ONLY ONES FEELING THAT WAY!

FOR SOME CHILDREN, COMING BACK AFTER A NICE LONG BREAK MAY LEAD TO CHALLENGING BEHAVIOUR, OUTBURSTS, CLINGINESS, OR A REGRESSION TO YOUNGER BEHAVIOURS. TRY TO SEE BEYOND THE BEHAVIOUR TO WORK OUT AND EMPATHISE WITH WHAT YOUR CHILD IS FEELING. ARE YOU DEALING WITH A NERVOUS CHILD RATHER THAN A "MISBEHAVING" ONE?

HOW YOU CAN HELP THEM?

- CONSIDER MAKING A COUNTDOWN CHART SO THEY ARE PREPARED FOR THEIR START DATE.
- HELP THEM GET THEIR BELONGINGS TOGETHER, SO THE ANXIETY OF THE FIRST DAY ISN'T COMPOUNDED BY STRESS OVER LOST SHOES! (OR IS THAT JUST IN MY HOUSE?!).
- TALK TO YOUR CHILD ABOUT WHAT THEY ARE EXPECTING, WHAT THEY ARE LOOKING FORWARD TO, AND ANY CONCERNS.
- TALK ABOUT WHAT WILL STILL BE THE SAME, AS WELL AS TALKING ABOUT WHAT WILL BE DIFFERENT.
- IF THEY SEEM ANXIOUS, ENCOURAGE THEM TO SHARE THEIR WORRIES, SO YOU CAN HELP UNPICK WHAT THEIR CONCERNS ARE.



PREPARING TO COME BACK

SOME CHILDREN MAY SEEM UNWILLING TO GO BACK TO SCHOOL! TALK TO THEM ABOUT THE THINGS THAT THEY HAVE MISSED ABOUT SCHOOL AND SPENDING TIME WITH THEIR FRIENDS. WHAT ARE THE BENEFITS OF GOING BACK? WHO HAVE THEY MISSED? WHAT GAMES WILL THEY PLAY WHEN THEY GET BACK?

FOR SOME CHILDREN, RETURNING TO SCHOOL AFTER SUMMER HOLIDAYS WITH THEIR PARENTS OR CARERS WILL BE HARD, AND TRIGGER FEELINGS OF SEPARATION ANXIETY. THERE ARE SOME IDEAS TO HELP WITH SEPARATION ANXIETY HERE:



<p>Top Tips</p> <ul style="list-style-type: none"> • Never sneak away • Make a goodbye routine with your child • Consistent approach • Be kind, firm but don't give in • Ask a familiar person to take them to school, it might break the cycle • Don't hang around, pass your child to a trusted adult, say your goodbyes and reassure you will see them later. Leave 	<p>Thoughts</p> <ul style="list-style-type: none"> • I will never see them again • Something might happen when I am gone • What am I missing at home • I don't feel safe • Something bad might happen at home • They might not come back • Something is scaring/worrying me at school 	<p>Physical sensations</p> <ul style="list-style-type: none"> • Feel sick • Tummy ache • Fast heartbeat • Hot • Rapid breathing • Butterflies • Trembling or shaking • Headache
<p>Feelings</p> <ul style="list-style-type: none"> • Scared • Worried • Angry • Agitated • Panicky • Tense • overwhelmed 	<p>SEPARATION ANXIETY</p>	
<p>Proactive work</p> <ul style="list-style-type: none"> • Emotions and feelings • Mindfulness • Relaxation techniques • Likely/unlikely to happen scenarios • Anxiety work • Worry dolls • Visual timetable • Social stories • Allocate time to talk to carer 	<p>Strategies for support</p> <ul style="list-style-type: none"> • Celebrate achievements • Give them a job in school • Transitional object from carer • Make a plan with carer and stick to it • A morning transition group with fun things to do 	<p>Book recommendations</p> <ul style="list-style-type: none"> • Huge bag of worries • The kissing hand • The invisible string • Owl babies • The kiss box
		<p>Behaviours</p> <ul style="list-style-type: none"> • Delaying tactics • Clingy • Tears • Running away • Not sleeping • Angry • Attention seeking

