## Top Tips for Parents helping students return to school

1. Set times for waking up, lunch, bed time etc. Routine, structure and consistency are crucial and although they may push back at this, it will benefit them in the long run.  A week or two before the school year begins, children should start going to bed and waking up as they would on school days -- it can take a while for their bodies to adjust to non-summer hours.
2. Limiting screen time, shut off the wifi/internet by a certain time to encourage student to sleep. Set or refresh the rules about technology and screen time during the school year. What's allowed and when?
3. Switching off wifi/devices at meal times and have an expectation that children come downstairs to eat.
4. Parents could join parents support groups to see how other parents are managing and strategies they may be using
5. Getting the child's view of what they think going back to school will feel like. What support do they feel that they might need?  What are their thoughts and feelings?
6. Trying to keep open communication with your child.  Be open and discuss the information about the corona virus so student is not reading fake news.  Parents can talk through any concern's so anxiety doesn't linger if they do not hear the correct news.  Try and illuminate fear and help them understand everyone is going through this, it's not just them.
7. Set some time aside each day to gage how your child is feeling.  Having openness and transparency to talk about concerns.
8. Engage with other services that are offered.
9. Ensuring children know Its ok to feel, sad, worried and anxious it's just how they manage these emotions.
10. Introduce mini activities to help them concentrate. Research activities around their interest.  Projects to show and tell when they go back.  Use an egg timer to help kids focus for specific periods of time. Make it a game.
11. Getting school to communicate with your child before they return to school.  Could be via email, telephone call, postcard, just to keep a link to school.
12. Get children on a regular exercise program or into an active hobby to create good habits and burn off extra energy.
13. Create a family calendar -- whether a Google Calendar or a colourful Wall Calendar -- that highlights family activities and everyone's major commitments. This helps make planning easier, while pinpointing conflicts.
14. Discuss what to expect on the first day with your children and plan packed lunch, favourite clothes, what will help them feel settled.

Below is Gov guidance for primary children returning to school.
https://www.gov.uk/guidance/help-primary-school-children-continue-their-education-during-coronavirus-covid-19

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