

## **Tips for Parents**

Andrew Fuller suggests seven things we as parents can do to help students transition back to school. Click on the link below:

<https://theparentswebsite.com.au/andrew-fuller-seven-things-for-a-smooth-transition-back-to-school-based-learning/>

<https://theparentswebsite.com.au/tag/covid-19/>

## **Tips for helping children returning back to school**

With the news that our children will be returning back to school, some parents may feel delighted and relieved, others may feel anxious about the decision to send their children back to school.

We wanted to share some strategies for parents about helping your child manage this next phase of changes more easily. The following information may assist you with this process:

### **What do I need to consider as a parent?**

- Some children will be keen to return, others may be anxious.
- Attending school means a return to routine. The school routines can reduce stress and anxiety for most children because they can meet with their friends, have opportunities to interact with others, and enjoy a wider environment than when they were restricted to their home.
- When your children return to school, it is important that they do so with your confidence that school is okay. It is unhelpful to share your own or other's anxiety about this decision for children to return to school, or concerns you may have about any them falling behind in their education this year.
- For siblings who may have to wait a little longer before returning to school, remind them that this will take place as soon as possible

### **What will help my children when they go back to school:**

- Ask your child if they have any questions or concerns about returning to school.
- Discuss their concerns calmly and encourage them to consider which school staff they can speak to regarding schoolwork related concerns.
- Remind them they are also able to speak to one of the school counsellors if they are feeling anxious or have other wellbeing concerns.
- When talking about return to school with your child, refrain from using the word "unsafe" about school because it may have a negative affect on them settling back into school.
- Check they have all school equipment/books/ water bottles and food packed ready for the start of the school day.

- If your children have been going to bed late and getting up late, encourage them to start going to bed about 15 minutes earlier the week before their return date to begin to adjust to school wake up times.
- Be confident on the day they return to school and let them know their first few days will be focusing on helping them settle back to their school routine and adjust to changes needed to maintain recommended hygiene and distancing practices.
- Remind your children to greet their friends without hugs or kisses.
- You may feel anxious how their first days back have been, but they may feel a bit tired with the changes from lockdown. Giving them a little time to rest and eat before being questioned about their day can help them to wind down.
- Try not to fret if they are not very communicative, this is very normal for adolescents.
- Remember the school staff are here to support parents about concerns you may have but please be patient they are busy helping your children to adjust to the new changes.

#### PARENT'S CORNER

Are you feeling stressed and overwhelmed by current circumstances?

Are you concerned about your child's deterioration in mental health?

The following links may be useful:

1. Beyond Blue has a checklist for parents' observations of their child's presentation. The parent will obtain feedback on whether their child will benefit from professional support, and be provided with a list of relevant services.  
<https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/child-mental-health-checklist>
2. Parentline is a free telephone counselling service for parents to support family wellbeing and parenting  
<https://www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx>
3. Healthdirect provides free telephone health advice from a nurse for physical and psychological issues, as well as an online "symptom checker"  
<https://www.healthdirect.gov.au/>

from your College Psychologists