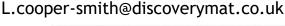


If there is anything you as a family do to support you or your child's wellbeing. Please let Lindsay Cooper-Smith know by emailing:





# Preparing Your Child For the First Day Back in School

As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.

### Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



### Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



### Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.

### Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling — "it's completely fine to feel like that at the moment" or 'I can really understand why you would feel like that"



### Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them.



### Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to.



INFORMED



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## 8 WAYS TO CALM DOWN

# ANYWHERE



### 1. COUNT TO 5

COUNTING IS A GREAT WAY TO HELP CHILDREN LEARN HOW TOP STOP AND THINK BEFORE REACTING TO THEIR ANGER. THIS SIMPLE TACTIC GIVES THEM A CHANCE TO THINK BEFORE THEY ACT.

### 2.TAKE A DEEP BREATH

DEEP BREATHING IS SUCH A GREAT RELAXATION TECHNIQUE.DESPITE HOW THEY ARE FEELING, TAKING A DEEP BREATH (OR TWO) CAN HELP THEM CALM THEIR BODIES MORE OUICKLY.

# 3. BLOW INTO YOUR HANDS

THIS IS ANOTHER
TECHNIQUE FOR
PROMOTING DEEP
BREATHING. BY
BLOWING DIRECTLY INTO
THEIR HANDS RATHER
THAN THE AIR, THE CHILD
RECEIVES FEEDBACK
AND CAN FEEL THE
STRENGTH OF THEIR
BREATHS.

### 4. PLACE HANDS IN POCKETS

THIS ACT PROVIDES
CHILDREN WITH
SOME DEEP
PRESSURE AND
PHYSICAL
RESTRAINT. AN
ALTERNATIVE TO
THIS WOULD BE TO
SIT ON HANDS OR
CLASP THEM
TIGHTLY.

### 5. ACKNOWLEDGE

IT IS SO IMPORTANT THAT CHILDREN BEGIN TO NOTICE AND REALISE WHAT HAPPENS TO THEIR BODIES WHEN THEY BECOME ANGRY. WHAT DOES THEIR FACE FEEL LIKE? IS THEIR TENSION IN THEIR BODY?

### 6. MAKE A FIST THEN RELAX HAND

SQUEEZING HANDS INTO FISTS AND THEN RELEASING IS A GREAT WAY TO REMOVE SOME OF THE TENSION BUILT UP IN THE BODY. OFTEN CHILDREN DO NOT REALISE HOW MUCH TENSION THEY ARE HOLDING IN THEIR BODIES WHEN BECOMING UPSET.

### 7. DO A BODY SCAN

START AT THE HEAD, WORKING DOWN THE BODY, NOTICE AREAS OF TENSION AND RELAX THOSE MUSCLES

#### 8. ASK FOR A HUG

HUGS MAKE EVERYTHING BETTER. THE SQUEEZE AND RELEASE RELIEVE TENSION AND MAKE YOU FEEL BETTER. HUG IT OUT