



PREPARE CHILDREN FOR REOPENING

what to say to parents

WHAT TO SAY TO PARENTS TO PREPARE CHILDREN FOR SCHOOL REOPENING

It's a good idea to start preparing children for school now

Children may be excited, worried, or both

Give children the right tools to deal with emotional pain by managing how we talk and listen to them. Talk to them at an appropriate level and tell the truth about your feelings and go first, which will then make it safe for your children to talk honestly, too.

Acknowledge their feelings and don't tell them not to worry

Be honest and tell them that school is going to be a bit different, their class size will be smaller, and some children won't be going back to school at the same time as them.

Remind them that they will still need to wash their hands often, like they did in March.

Take a walk to school to see that the building still looks the same from the outside. This will give them an opportunity to ask questions.

Explain that playing with friends will be different as children will need space between them

Practice having space between you. You could get a tape measure out, or a piece of string or wool cut to the same size as an interior door. Talk about how you can still play at distance.

Show children what space will be like at the dinner table, so that they know what to expect at their desks and lunchtime. Again, this will provide children with the chance to talk about how they're feeling.

Feeling sad or scared are normal and natural; don't try to fix them or make promises.

Childhood - even a childhood that is happy and healthy - is full of losses.

Friends can move away, children can change schools, they can encounter the loss of a grandparent, neighbour or pet, or there may be divorce or separation in the family or circle of friends.

As parents and teachers, it is not our job to "fix" things for our children.

But it is our job to teach them the tools for dealing with loss and the conflicting feelings of grief.



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