

Back to school – top five tips [emoji]
As we transition children back into our classrooms, we are sharing our top five tips for a smooth return to school.

With children learning from home for a long period it is normal for them to have feelings of worry or anxiety about what to expect when they return, talking about this can help alleviate some of those fears.

For more information around the reopening of schools as well as advice around preparing your child visit barnsley.gov.uk/return-to-school

#KeepingBarnsleyMoving

How can I support my child and reduce their worries about returning to school?

Back to school advice for parents

Talk about it

Set aside time during the day to discuss feelings and worries. Let your child know it is ok to feel this way and that there are no 'bad' or 'good' feelings.



Back to school – top five tips [emoji]

During lockdown set school hours went out the window! By going back to a routine, you can create structure and prepare your child for the start of the school year in plenty of time. This will help them normalise to a schedule again and find those early mornings a little more bearable.

For more information around the reopening of schools as well as advice around preparing your child visit barnsley.gov.uk/return-to-school

#KeepingBarnsleyMoving

How can I begin to prepare my child to return to school?

Back to school advice for parents

Create a routine

Returning to a daily routine, with regular times for meals, getting up and going to bed will be helpful – it provides a return to a structure ahead of school starting.



Back to school – top five tips [emoji]

Your child may be worried about returning to school, especially after being told to stay safe at home for so long. Provide reassurance to make your child confident that they are safe back in the classroom.

For more information around the reopening of schools as well as advice around preparing your child visit barnsley.gov.uk/return-to-school

#KeepingBarnsleyMoving

My child is nervous to return to school

Back to school advice for parents

Provide reassurance

Reassure children about safety measures in place to keep everybody healthy and remind children that they can also help prevent germs spreading by washing their hands with soap and coughing or sneezing into their elbow.



Back to school – top five tips [emoji]

After a long time away from the classroom, some children may not be looking forward to returning to school. It's important to remind them of the positives of going to school and that often it can be quite a fun place to be!

For more information around the reopening of schools as well as advice around preparing your child visit barnsley.gov.uk/return-to-school

#KeepingBarnsleyMoving

How can I support my child's transition back to school?

Back to school advice for parents

Talk about the positives

Remind children about the positives – that they will be able to see their friends and teachers, remind your children how happy their friends and teachers will be to see them. Be positive about the opportunity for your child to learn new things.



Back to school – top five tips [emoji]

After spending such a long period of time with your children at home, you too might be struggling with your kids going back to school. Remember there are services available at [nhs.uk](https://www.nhs.uk) that can offer support and advice.

For more information around the reopening of schools as well as advice around preparing your child visit barnsley.gov.uk/return-to-school

#KeepingBarnsleyMoving

Support for parents during their child's transition back to school

Back to school advice for parents

Seek support if you need it

It's not just been a tough time for kids – parents and carers have been under immense strain over the past few months. Make sure you look after your own mental health and contact your GP or visit www.nhs.uk if you need support.

