

Feelings you might be having as a Parent/Carer

It is important to know that all your feelings are valid and that they might be complicated and might change frequently. Some feelings you might be having are: You might be eager to send your child to school again, or you may be worried about how they will be kept safe and want to keep them at home.

After spending lots of time with your child, you may feel a sense of loss at the thought of spending much less time with them. You might be looking forward to having a break from full time care. Don't feel guilty about this. You might feel worried about whether you 'did enough' to help your child with schoolwork and whether your child will be behind others.

All children will have had different experiences at home, and schools will be able to help your child feel confident about what they can do and the experiences they have had whilst not at school. Remember activities like cooking and making dens build skills your child can use in the classroom too, and so are valuable.



What will Elmwood Infants be doing when children return?

Assess individual needs, give pupils a voice, learn from the lockdown and understand the needs of the community

Re-establish structures and routines, address gaps in learning, learn new skills i.e. social distancing and rebuild emotional resilience

Relearn past skills, rebuild confidence, consider skills for learning in a school environment i.e. following a timetable, less flexibility

Rediscover self, address mental health, sensory issues, gradual return i.e. part-time timetables, provide time for holistic, focused and deep recovery

Please take time to read through and familiarise yourself with our Risk Assessment which can be found on our website:

<https://www.elmwood-inf.croydon.sch.uk/wp-content/uploads/Full-Reopening-Plan-Sep-2020-FINAL-for-PARENTS.pdf>

We are here to help:

0208-689-7681



ELMWOOD INFANT SCHOOL AND NURSERY

Welcome Back Leaflet

(This leaflet is aimed at Parents/
Carers of children at Elmwood
Infant School)

Information and Help

Article 17: every child has the right to reliable
information from a variety of sources

Coronavirus: How to help your child manage feelings of worry and anxiety

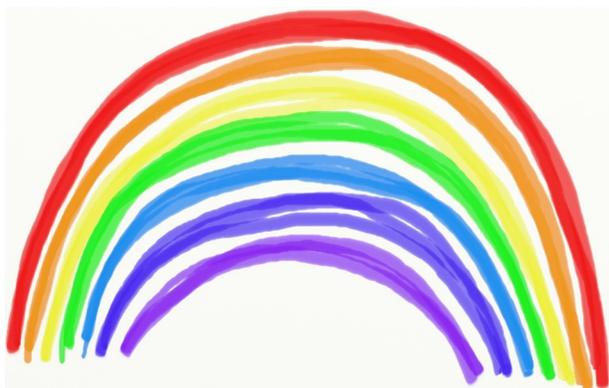
It is understandable and normal that your child might be feeling worried or anxious during this uncertain time. They will have experienced disruptions and big changes in their daily lives. This leaflet contains information about anxiety and how to support your child to feel better.

What is anxiety?

Anxiety is when we feel worried or scared, often about things that we think could happen in the future. It can cause fear and worry, and changes in your child's behaviour. Anxiety can be experienced through thoughts, feelings and physical feelings in the body.

We are here to help:

support@elmwood-inf.croydon.sch.uk



What can you do to help

Talk to your child about their feelings: Give your child frequent opportunities to express how they are feeling. Some children will find it easier to express their feelings by writing about them or drawing them. Listen to them carefully and acknowledge their feelings.

Use relaxation strategies: Relaxation and breathing techniques will help to calm down your child's body when they are feeling anxious. It can be helpful for you to model these techniques to your child and try them out together.

Model calmness: Children are often good at picking up on the feelings of the adults around them. It is understandable that you might also be feeling anxious at this difficult time. Try to stay calm when talking to your child when talking about things that make them feel anxious.

Monitor the media your child has access to: Children can often become worried about what they see or hear from the news or media. Create regular opportunities to talk to your child about any worries that they might have about things they have seen or read in the media. Answer their questions in clear and simple terms that are appropriate to their age and level of understanding. Try to focus on the positives that they might be seeing i.e. the doctors and nurses helping people get better.

Use distraction techniques: Help your child to focus on something else to distract them from their feelings of anxiety. Do something fun and enjoyable together, whether that is drawing, dancing, doing creative activities, playing games or baking.

Establish a routine: Keeping a routine that includes some balance is really important. During their time at home, children may have got used to a more flexible routine. It will be important to gradually get your child used to waking up and getting ready in time to leave for school. It will also help children to start having regular meal and snack times, just like at school. It will be much harder to get back in to normal routines if you have not established a routine at home.

Stay healthy: Try to make sure that your child is eating well, getting enough sleep and exercising. Their physical wellbeing can affect their mood. Make sure that they are also taking time to relax as this is important for staying healthy and happy. Ensure that they have a good bedtime routine, which could include doing some relaxing things before bedtime.

When should I seek professional support: If your child's anxiety is severe, persists or interferes with their daily life, it is a good idea to get professional help. Talk to your GP. If you have any questions or concerns about the return to school please do not hesitate to contact the safeguarding lead at the school:

- ⇒ Mrs Harris (Headteacher)
- ⇒ Miss Payne (Deputy Headteacher)
- ⇒ Miss Walsh (Assistant Headteacher)
- ⇒ Mrs Campbell (Assistant Headteacher)
- ⇒ Miss Bittles (Attendance & Welfare Officer)
- ⇒ Mrs Icton (Learning Mentor)