

Back to school: How will your child/ children feel about returning to school? Here are some tips to support your child's wellbeing and mental health as they transition back and re-adjust to attending school.

For some children, school closures may have been welcomed, while for others school may be sorely missed. The return to school will be another big change for children and families to navigate.

*Staying afloat while
learning remote #1*
By Kiara Visser

In the lead up to a return to school and during the first days and weeks back, children may experience lots of different emotions and feelings. It is important that children are supported to manage this transition both by teachers and the other adults in their lives.

Pay extra attention to your child's emotions and needs

As your child returns to school, they may feel a range of emotions, including excitement, relief, or worry. You may notice changes in your child's behaviour, sleep, mood, interactions with others, or eating habits – these are all normal expressions of worry and by noticing and responding with care and support, you will help your child to feel better. As parents, it is important to be able to:

- Recognise signs of increased anxiety, stress or worry.
- Know that it is a normal reaction.
- Help children feel safe and supported



Be aware of your own behaviour

It is important to understand the effect your own behaviour can have on your child. If you react in a way that suggests you are worried about your child going back to school, your child may worry too! Try to remain calm and positive when talking to your child about going back to school.

Reassure your child it is safe to go to school

To help your child feel safe and less worried about going back to school, have clear and calm conversations and tell them the facts. Read through the document *Opening Trident College under National Conditions of Covid-19* published last week with your child (on Microsoft Teams), as the information should reassure your child that their safety is our utmost priority.

Make sure your child is mentally prepared for the new measures that will be in place at school when they return, from wearing masks to social distancing.

And finally... don't worry about gaps in learning

After weeks of distance learning during the school closures, your children will return to school having made varying degrees of academic progress. Trident College teachers will address any gaps in learning as children return to the traditional classroom. The key message to parents, though, is not to worry.

(<https://www.winstonswish.org/preparing-children-return-school/>, 2020; <https://whichschooladvisor.com/singapore/school-news/singapore-be-prepared-for-back-to-school-during-covid>, 2020)

