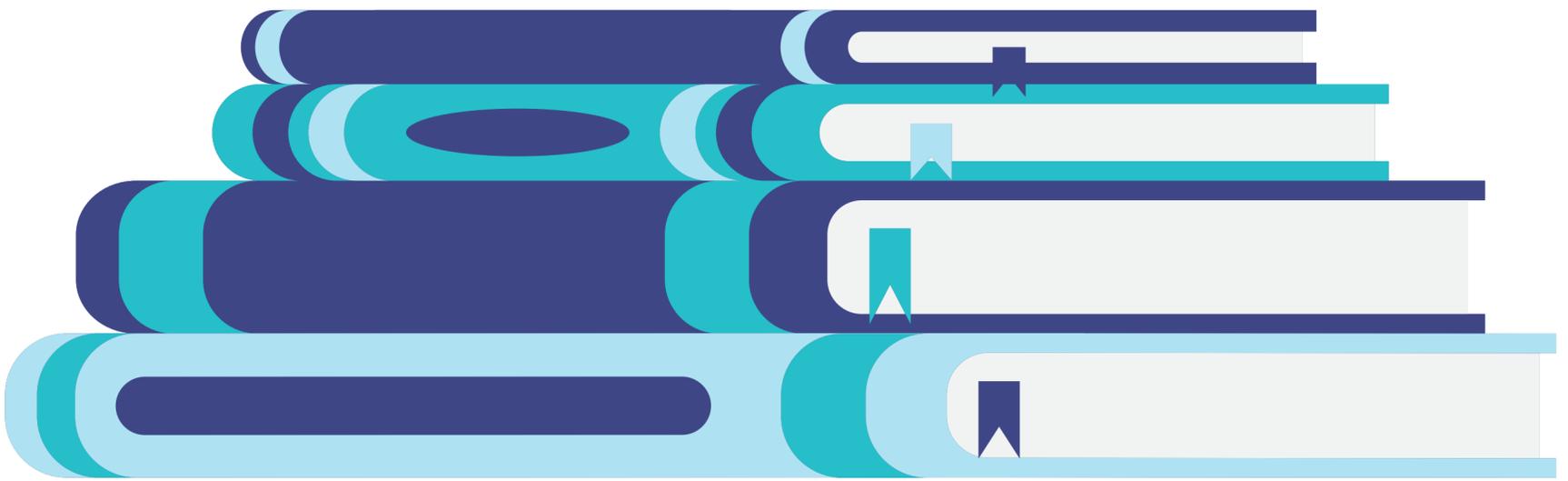


HOW TO SUPPORT CHILDREN WITH RETURNING TO SCHOOL



CONNECTEDNESS

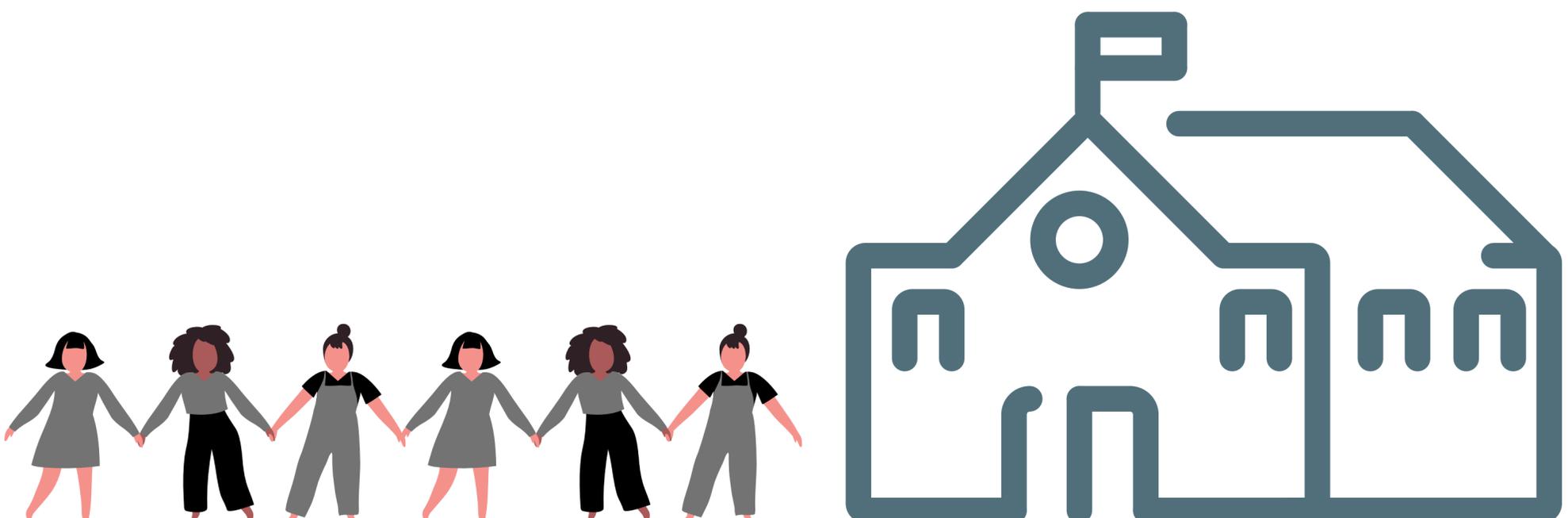
ONE IMPORTANT CONCEPT TO KEEP IN MIND WHILST SUPPORTING YOUR CHILD IN RETURNING TO A SCHOOL ROUTINE FOLLOWING AN EXTENDED PERIOD OF TIME HOME IS 'CONNECTEDNESS'.

'CONNECTEDNESS' - BEING CONNECTED OR ATTACHED TO SOMEONE ELSE.

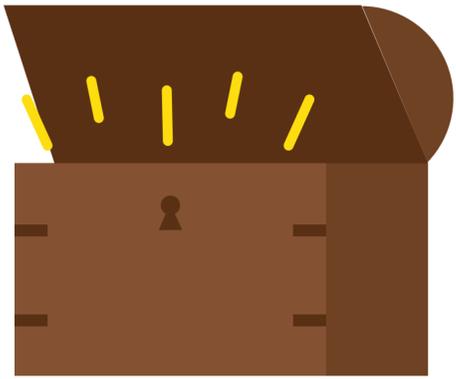
BEING CLOSE TO SOMEONE ELSE CAN BOOST OUR EMOTIONAL WELLBEING, AND WE AS HUMANS HAVE A GENERAL URGE TO BE WITH OTHER HUMANS. THE SENSE OF BEING CONNECTED IS AN IMPORTANT ELEMENT OF A STRONG AND SAFE RELATIONSHIP

SCHOOL CONNECTEDNESS

THE IDEA OF 'SCHOOL CONNECTEDNESS' USUALLY REFERS TO THE RELATIONSHIP BETWEEN A YOUNG PERSON AND THE SCHOOL STAFF, THEIR FRIENDS AND THEIR PEERS.



HOW TO CONTINUE THE FEELING OF BEING CONNECTED AS A FAMILY?



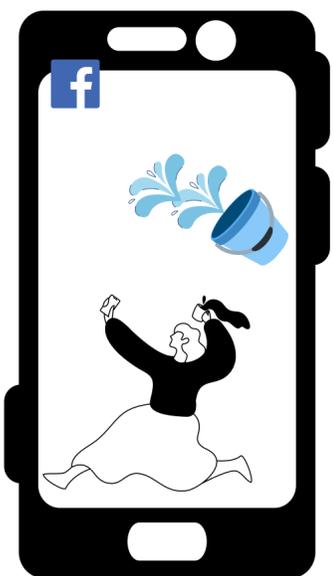
SOME FAMILIES HAVE CREATED A 'CORONAVIRUS TIME CAPSULE' WITH PICTURES AND MEMORIES OF THIS PERIOD OF TIME IN IT AS A WAY OF REMEMBERING THIS TIME. SEE OUR WEBSITE FOR A TEMPLATE.

OR WHAT ABOUT CREATING A PICTURE BOOK WITH PICTURES OF WHAT YOU'VE BEEN DOING? SOMETHING TO LOOK BACK ON IN TIME TO COME.



IT'S IMPORTANT FOR CHILD TO SEE THINGS IN ORDER TO EXPERIENCE AND UNDERSTAND.

YOU COULD WALK OR DRIVE PAST THE SCHOOL SO THAT THE CHILDREN CAN SEE THAT IT'S STILL THERE AND READY TO WELCOME THEM BACK EVEN THOUGH IT MIGHT LOOK A LITTLE DIFFERENT INSIDE.



OR WHAT ABOUT LOOKING AT VIDEOS SHARED BY SCHOOL STAFF ON SOCIAL MEDIA OF THEM THROWING TOILET ROLLS OR BUCKETS OF WATER? THIS CAN REMIND YOUR CHILDREN THAT THE SCHOOL STAFF HAVE MISSED THEIR STUDENTS, AND HAVE KEPT THEM IN MIND DURING THIS TIME.

NEW TRADITIONS

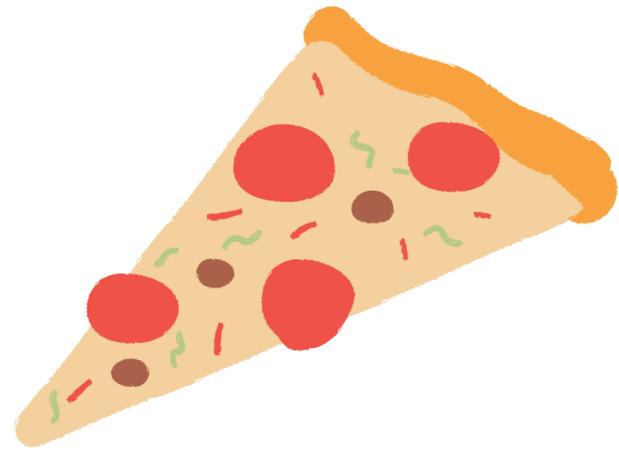
WHAT ABOUT TRYING TO CONTINUE WITH YOUR NEW TRADITIONS, SOMETHING YOU AS A FAMILY HAVE BEEN DOING REGULARLY DURING THE TIME AT HOME:



GOING FOR A DAILY WALK



WEEKLY FAMILY QUIZ



FAKEAWAY NIGHT

STILL BY YOUR SIDE



AS THE TIME TO RETURN TO SCHOOL COMES NEARER, THINK ABOUT THE MESSAGE YOU WANT TO COMMUNICATE TO YOUR CHILD, YOU MIGHT FEEL A LITTLE UNSURE AND NERVOUS YOURSELF ABOUT THE SITUATION. TO LIMIT THESE EMOTIONS, YOU CAN FOCUS ON THE MESSAGE THAT YOU ARE WITH THEM EVEN IF YOU'RE NOT TOGETHER PHYSICALLY, THE CONNECTION IS STILL THERE.

HOW CAN YOU DO THIS?

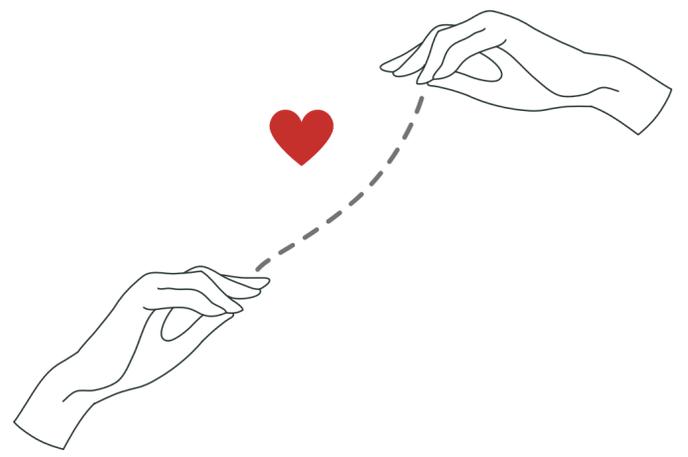
USE LANGUAGE THAT EMPHASIZES THE RE-CONNECTION AND POSITIVE LANGUAGE: "I'M LOOKING FORWARD TO SEEING YOU LATER AND HEARING ABOUT YOUR DAY".



REDUCE THE POWER OF STRONG FEELINGS BY NAMING THEM AND WONDERING OUT LOUD - "I REALISE THAT YOU AREN'T QUITE YOURSELF, I WONDER IF YOU'RE FEELING..."

STORIES

READ STORIES THAT CONVEY THE IDEA OF BEING CONNECTED SUCH AS "THE INVISIBLE STRING" BY PATRICK KARST. A STORY ABOUT A MOTHER EXPLAINING TO HER TWO CHILDREN THAT WE ARE CONSTANTLY CONNECTED BY AN INVISIBLE STRING, AND THAT THIS CONNECTION CONTINUES EVEN WHEN THE PERSON IS NOT AROUND ANYMORE. EVEN THOUGH THIS STORY IS FOR PRIMARY AGED CHILDREN, PERHAPS YOU CAN ASK AN OLDER BROTHER OR SISTER TO READ IT TO THE YOUNGER CHILDREN IN ORDER TO STRENGTHEN THE MESSAGE FOR THEM AS WELL.

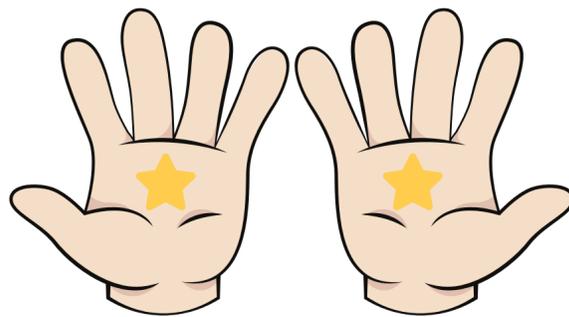


TRANSITIONAL OBJECT

SOMETHING FROM HOME A CHILD CAN HOLD ON TO IN SCHOOL SO THAT THE IDEA OF BEING CONNECTED AND ASSURED IS STRENGTHENED. HEALTH AND SAFETY WILL HAVE TO BE CONSIDERED WHEN CHOOSING A TRANSITIONAL OBJECT DURING THIS TIME, HERE ARE SOME IDEAS:

NOTE

A SHORT NOTE LEFT IN THEIR LUNCHBOX - "LOOKING FORWARD TO SEEING YOU LATER ON, ENJOY YOUR LUNCH!"



"COMFORT BUTTON"

A SMALL SYMBOL ON YOUR HAND AND YOUR CHILD'S HAND OR A TEMPORARY TATTOO WITH THE MESSAGE THAT THE CHILD SHOULD PRESS THE 'BUTTON' IF THEY WANT COMFORT FROM THEIR PARENT WHILST IN SCHOOL.

BEING A MIRROR:

IF YOUR CHILD HAS THEIR LUNCH AT 12:30, YOU CAN SAY THAT YOU WILL HAVE YOUR LUNCH AT THE SAME TIME, OR YOU COULD WEAR EARRINGS OR SOCKS THAT ARE THE SAME COLOUR AS THEIR SCHOOL SHIRT ETC.

SMELL

SPRAY A LITTLE BIT OF YOUR PERFUME/ AFTERSHAVE ON THE COLLAR OF YOUR CHILD'S CLOTHES SO THEY CAN SMELL YOUR FAMILIAR SMELL DURING THE DAY.



ALL OF THESE CONVEY THAT THE CONNECTION BETWEEN BOTH OF YOU WILL CONTINUE EVEN IF YOU AREN'T WITH THEM ALL DAY ANYMORE. THE MORE SECURE A CHILD FEELS IN THEIR RELATIONSHIP WITH YOU AS A PARENT, THE MORE SECURE THEY WILL FEEL IN THEIR CONNECTION WITH THEIR SCHOOL, THE STAFF AND THEIR PEERS.

GOOD LUCK TO ALL THE FAMILIES OF
GWYNEDD AND ANGLESEY



FOR MORE INFORMATION AND RESOURCES TO SUPPORT YOU AND YOU CHILD DURING THIS TRANSITIONAL PERIOD, SEE OUR WEBSITE:

WWW.ADYACH.CYMRU

