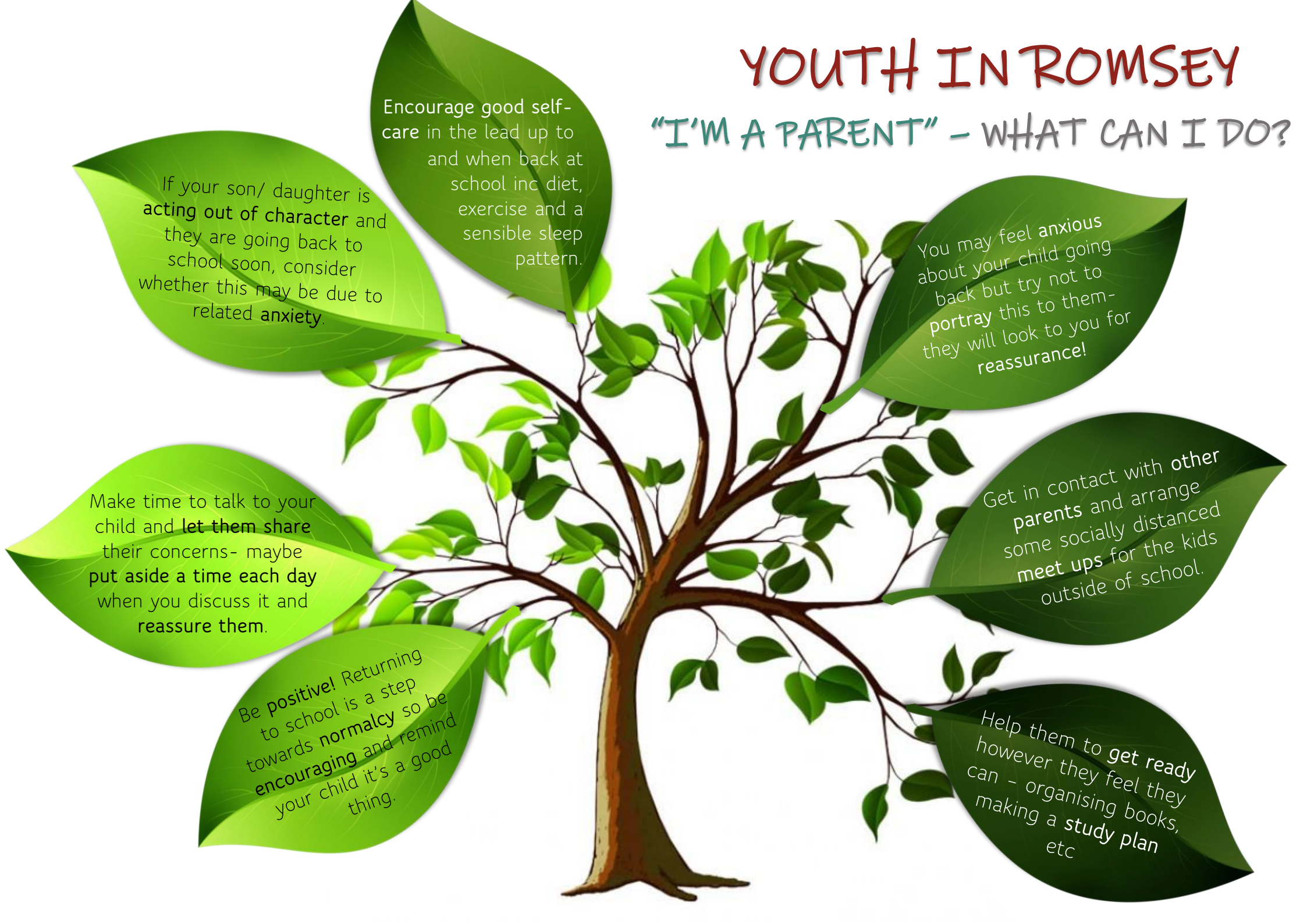


YOUTH IN ROMSEY

"I'M A PARENT" – WHAT CAN I DO?



Encourage good self-care in the lead up to and when back at school inc diet, exercise and a sensible sleep pattern.

If your son/ daughter is acting out of character and they are going back to school soon, consider whether this may be due to related anxiety.

You may feel anxious about your child going back but try not to portray this to them- they will look to you for reassurance!

Make time to talk to your child and let them share their concerns- maybe put aside a time each day when you discuss it and reassure them.

Be positive! Returning to school is a step towards normalcy so be encouraging and remind your child it's a good thing.

Get in contact with other parents and arrange some socially distanced meet ups for the kids outside of school.

Help them to get ready however they feel they can – organising books, making a study plan etc