



# Our Top Tips For Returning To School

Lancs 0-19 Service - The School Nursing Team

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Every pupil's experience of the pandemic will be varied. Some, despite restrictions, will be eager to start school again. For others, it will present a challenging and overwhelming time, but don't worry this is completely normal.

The School Nursing Team have prepared some tips, to help your child settle back into school.

*If you have any questions or need any further support please contact a member of our team on – [0300 247 0040](tel:03002470040) or alternatively send us an email via [vcl.019.singlepointofaccess@nhs.net](mailto:vcl.019.singlepointofaccess@nhs.net)*

## Anxiety

- Help your child understand anxiety.
- Encourage your child to talk about their feelings.
- Establish routines.
- Offer reassurance. Anxiety is a normal emotion.
- Practice mindfulness.
- Give lots of praise.

## Healthy Lifestyles

- Be active, spend time outdoors & make exercise fun.
- Where possible, enjoy family mealtimes together.
- Eat a well balanced diet – 5 pieces of fruit/vegetables
- Drink plenty of water.
- Cook healthy meals together.
- Have me-sized meals.

## Sleep

- Establish a good bedtime routine.
- Have a warm drink.
- Nice relaxing bath.
- 1-1 time and story before bed.
- Fresh air and exercise throughout the day
- Monitor/reduce screen time.

## Behaviour

- Establish clear boundaries and routines.
- Be consistent.
- Communicate with your child.
- Be positive about the good things.
- Offer lots of praise for good behaviour.