



Return to School Roadmap

Welcome back to in-person learning, parents! As much as this transition sounds exciting, it can be anxiety-inducing for both you and your children. To tackle this and make it easier we have prepared this short guide to help you. If you or your child are having difficulty with this transition, read on...

Are there any positives of going back to school?

Yes, in fact, there are many:

- It's an opportunity to enhance the learning experience for your child
- In-person learning creates a holistic educational environment
- It will set a routine for children and youth, such as timely eating and sleeping habits
- The school environment will nurture your child's social development
- It will give you more time to focus on your hobbies
- It also creates a space for you and your partner to spend quality time

Heading back to school can be stressful.

The causes of back-to-school anxiety may include:

- Being unsure about how your child will adjust to going back to school
- Concerns about the health of your child post the pandemic scenario
- Bullying in school
- Concerned because your child has become used to online learning



How can you help your child adjust?

Here's what you can do:

- Prepare your child for new routines by talking through what they might expect
- Discuss their worries and create a back-to-school plan together
- Identify your child's feelings and listen to what they say
- Prepare them by discussing what might be different at school
- Discuss your concerns with the teachers
- Talk to other parents

How can you reclaim your time and space now?

- Cherish your parent-child relationship
- Be kind to yourself
- Start a new hobby or re-discover an old one
- Focus on exercises and nutrition
- Seek professional support to enhance your emotional well-being

An important thing to keep in mind is that kids are resilient. A confident, collective effort can make the in-person learning experience rewarding for both you and your child. Do not hesitate to seek support if you think either you, or a child or young person you look after, need it.

