vcl.019.singlepointofaccess@nhs.net

Our Top Tips For Returning To School

Lancs 0-19 Service - The School Nursing Team

0300 247 0040



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 or alternatively send us an email via 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.

Website – Annafreud.org

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.

Website – nhs/changeforlife

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.

Website-sleepcouncil.org.uk

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.

Website- youngminds.org