

Don't forget to look after yourself!

Remember that these are tough and challenging times for everyone. Parenting is hard and it is important that you mind yourself.

Just like your child, you need someone to support you when the going gets tough. Having a friend, family member or partner that you can confide in is important.



Mindfulness and breathing activities are great ways to alleviate some of the physical symptoms of anxiety that you or your child may be experiencing. Below are some useful resources online that you can practice together:

MyLife Youtube Channel has videos on mindfulness and breathing activities for kids

<https://www.youtube.com/watch?v=DSgOW879jjA>

Fablefy Youtube Channel also has videos on mindfulness and breathing activities for kids

https://www.youtube.com/watch?v=ihwcw_ofuME

The Cosmic Kids Zen Den is also another great Youtube channel for kids.

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Supporting my Child's Return to School after Covid-19



HSE Mid West
Community Healthcare

Many children will feel anxious at the thought of returning to school. It has been a tough few months for everyone.

Parents may also be anxious about their child's return.

We have never experienced something like this before and we are trying to work out how best to cope and support our children.

Here are some tips :

Let them know what they are feeling makes sense

They are doing something difficult and it is OK to feel worried or anxious. It is a sign that they are about to do something brave, meaningful and important.

Be a positive Role Model

It's normal to feel anxious about your child returning to school. It is helpful to remember that children will react and follow our reactions. ***Managing our own anxiety will help our children to manage theirs.*** Get the information you need from school to alleviate your own concerns so you and your child know what to expect and you can be confident your child will be safe and in good hands.

Be Strong

Our children feel secure when they feel that we are in charge and we know what is happening. Let them know that their teachers will be there to look after them, just like before. Show them that you are confident they will be looked after and there is no need to worry.

Big Emotions are OK!

If your children are getting upset or really angry, remember that this is their anxiety. They are about to do something important and they can feel this in their body.

Their calm will start with yours.

If they are begging to stay at home or are refusing to go in, acknowledge their feelings and validate how hard it is.

Ask your child to look in your eyes, and say gently;

"I get how scary it is going back to school. You haven't been there in SO long. I know you will be safe, and your teacher will take good care of you. I am here and I know you can do this".

Your Tone Matters

Let your tone be loving, warm and strong where you can. Remember their calm will start with yours.