

# Preparing Your Child for Return to School

## Advice for Parents and Carers

Schools will look and feel different for your child when they return to school. It is so important that they are as prepared as much as possible for the changes they will experience. Here is how you can help them to be prepared, ready and confident.

### Re-set Body Clocks!



*In the week before your child is due back at school make sure they go to bed early and wake up in time to 'get ready for school'.*

### Clean Hands!



*Show your child how to wash their hands properly click for [\(link\)](#) explain that their teachers will want them to wash their hands 5 or 6 times a day when they are at school.*

### Catch it, Bin it, Kill it!



*Make sure your child knows how to blow and wipe their nose and to put the tissue in a bin. Show them how to cough into their elbow if they need to and do not have a tissue to hand. Click for [\(link\)](#)*

### Social Distance!



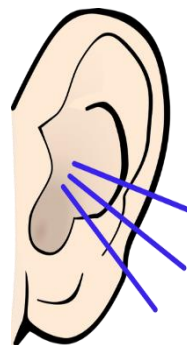
*Measure out 2 metres and show your child what that looks like. They may not always be able to keep that distance but an awareness of what it looks like will help us and them to stay safe.*

### Be Independent!



*Children will not be able to work with a partner or in groups like they often do and teachers will not be able to sit alongside children to help them with their work. Talk to your child about 'having a go' and not becoming upset if they are finding something difficult. Tell them that they can raise their hand or use a RAG card to ask for help, but remember, this help will be given from a distance.*

### Listen and Learn!



*Your child needs to be able to concentrate. Limit the amount of screen time your child has, they will need to re-learn how to be in a class with other children and to listen to the teacher. Read with them every day, tell them stories and ask them to listen all the way through before you discuss what you have read. With older children, get them to read to you and to explain what the text means and what they think about it.*

### Play Safe!



*Explain to your child that they will not be able to touch, hug or play close to other children. They may not be able to play on equipment or with some toys until we can clean them - so they will need to be patient and take turns.*

### Be Patient!



*Everything will take longer than usual and your child may have to wait in line for lunch, or to be picked up to go home. They may have to follow a one way system in school and life will be very different to before lockdown - they need to follow instructions carefully to keep themselves and others safe.*