

What can parents/carers do?

Acknowledge and label feelings

One of the simplest and most effective ways of accepting our child's feelings about returning to school is to acknowledge what they are feeling – let them know that you see, or hear what they are feeling: anxious, scared, confused, fearful, overwhelmed, envious, sad, lonely, isolated, or even ecstatic!

Our children's feelings are part of them. By accepting and acknowledging our children's feelings we:

- Help build their self-esteem
- Teach them that it is OK to have feelings
- They learn to trust feelings
- They learn to accept other peoples' feelings
- They communicate more with us
- They can start to work out how to best manage their feelings

Activities to try at home with your children to help prepare them

Barnardo's Back to School Hub

Find information, resources & tools all in one place:



Click below to go to the resource:

<https://www.barnardos.org.uk/support-hub/back-to-school>

Back to school strategies for coping with feelings:



Click below to go to the resource:

<https://www.barnardos.org.uk/support-hub/back-school-strategies-coping-feelings>



FREE Counselling, Mental Health & Wellbeing Service for Young People

Kooth is a web based confidential support service available providing a safe and secure means of accessing mental health and wellbeing support, designed specifically for young people.

To find out more, visit www.Kooth.com where young people can register, and others can find out more about the service. The service is staffed by fully trained and qualified counsellors and is free to access for all 11-25 year olds, who live or go to school in Solihull or have a Solihull GP

For more information about parenting support available, please contact the Parenting Team via our Facebook page, or by email to bsmhft.parenting@nhs.net

Parenting themed tweets can be viewed on our Facebook page - Solihull Parenting Team or via the school nurse twitter feed: @SolSchNurses