

RETURNING TO SCHOOL AFTER LOCKDOWN

ANSWERS FOR PARENTS



WHY DON'T THEY LOVE SCHOOL ANYMORE?

Many children enjoy the challenge and buzz of learning together. Some children prefer a more personal space. Both have to adapt to being back at school. Allow settling-back time.

WHY ISN'T SCHOOL GOING WELL?

Even if you wanted it, change can be hard. This once familiar place is going to feel strange, especially if there are special arrangements. Some children may even feel they have been unwanted.



COULD I HAVE DONE LOCKDOWN BETTER?

Feeling guilty? No need. You did everything you could in your circumstances. Celebrate what you did!

I'M GRATEFUL IT'S NO LONGER MY PROBLEM. IS IT JUST ME?

Still feeling guilty? No need. Teachers have a special and different role in your child's life. Let them get on with it. Focus on being the parent and avoid morphing back into teacher-parent. Your child will resent it.



MISSING THEM ALREADY?

Your feelings may remind you of their very first days at school. It was hard. This is hard. It will pass. Stop watching the clock. Do something that has been squeezed out when they were at home.

DON'T KNOW WHAT TO DO WITH YOURSELF?

Too quiet? Too much time? Enjoyed some aspects of lockdown? Got a 'to-do' list? Don't do it yet! Take baby steps of readjustment and healing. Settle back into being you.



HAVING SEE-SAWING EMOTIONS?

Expect wobbles from all family members; there will be shock waves. It's been a traumatic time. And it's not over. If feelings show, talk to your child so that they can see it's OK. Holding it all in is unhelpful.

HOW DO I TALK ABOUT PEOPLE DYING FROM COVID-19?

Keep it simple. Be direct. If you know them, find a way to mark their ending. Continue to refer to them afterwards. Need to talk about world-sized problems? It's ok to not have the answers. Empathise that these are really tough times.



REMEMBER: BE KIND TO YOURSELF TOO

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