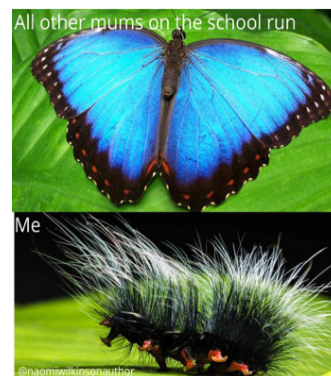
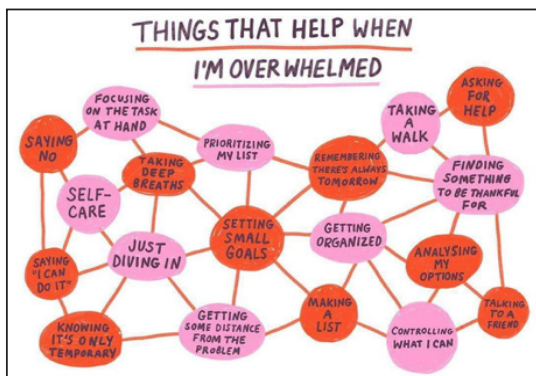


Week 16 - Back to school time = start by doing what's necessary, then do what's possible; and suddenly you are doing the impossible.

As schools across the country reopen with a range of differences and a trial and error approach, many parents are wondering how they're going to make it all work. Between complex school schedules, parents' own work responsibilities and the ongoing stress and uncertainty of the coronavirus crisis, the reality is that this year will be very different and many parents will worry. But before you worry about all the skills and tools your child will be asked to master this year, remember that remote learning itself is still very new and challenging for many kids. There wasn't a lot of time for kids to master daily routines back in the spring, and chances are that procedures will look different this autumn also. The children have survived and thrived and we can too! (Even if we do not know how things are going to look ahead).



Preparing Your Child For the First Day Back in School

As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.

Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – "it's completely fine to feel like that at the moment" or "I can really understand why you would feel like that"



Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to.

HOW BEING A PARENT IS LIKE BEING A SUPERHERO

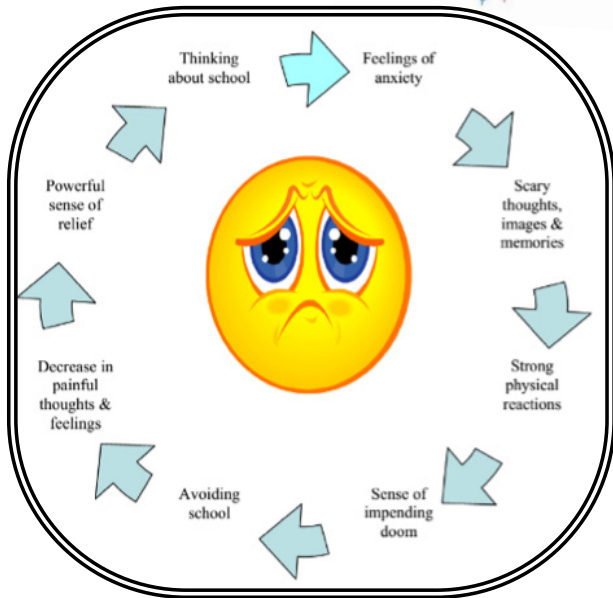
1. You wear big, comfy underwear all the time.
2. The mad scientists whose disastrous plans you foil are quite often bald.
3. You see everything. EVERYTHING.
4. There's lots of leaping over tall (Lego) buildings in a single bound.
5. You usually look disheveled during your day job, but when you clean up you look pretty damn good.
6. Every so often, the people you live to help will turn on you.
7. You can catch a sippy cup mid-flight, even when it's moving faster than a speeding bullet towards your head.
8. The ability to carry six grocery bags and three kids simultaneously from the car to the house = superstrength.
9. Your clothes are either a little too big or a little too tight.
10. Whenever someone needs you, they just look up to the sky and scream your name.
11. You're happy to save the day, every day, no thanks needed.

Bounce Back 4 Kids

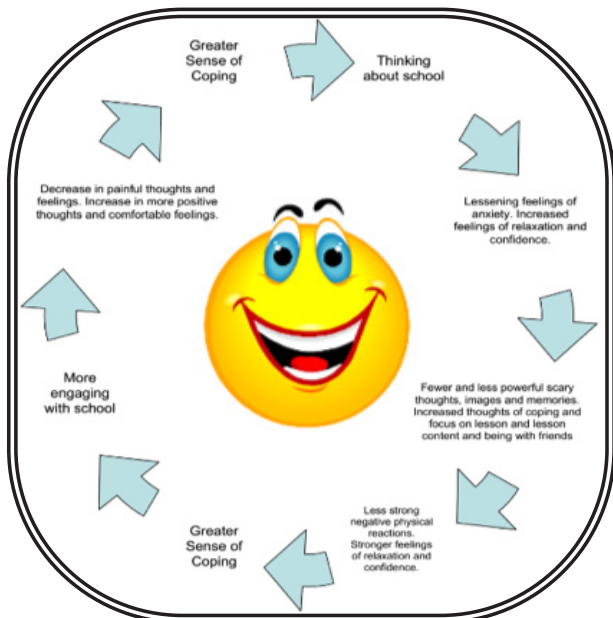


BB4K - Coping With School Return

part of **PACT**
PARENTS AND CHILDREN TOGETHER



Strategies for Handling Anxiety



Many children feel a bit nervous about moving up to a new school or school year – and that's even more likely if they've been away from school since March, or been in with the very few in June or as keyworker children attending in small classes throughout!

Here's how to help your child think positively about the changes ahead:

- **Big-up the things that make school great:** remind them of all the things they've missed whilst they've been learning at home.
- **Arrange some (socially distanced) play dates to strengthen existing friendships.** Remind your child that moving to a different class is often an opportunity to make some new friends as well. If your child is really nervous about talking to new people, you could try practising a few icebreakers.
- If your child feels they struggled with learning last year, talk about what they found difficult but also remind them about all the areas where they did well. **Praise and positive thinking will build their self-esteem.**
- **Get organised early!** Talk about any changes to the daily routine. (This may be a work-in-progress – as we learn what routines shall be in place). Ensure you have all the right books, equipment and uniform and if your child takes a packed lunch, plan some tasty additions to make them smile.
- If your child is worried they'll fall behind in class or won't be able to manage all the homework, **talk through the changes they should expect and how they could approach them.** Make sure your child knows there will still be time to relax after school and keep up with out-of-school hobbies.
- If your child doesn't think they are going to like their new teacher, **try to find out why.** It might be that they've seen the teacher telling someone off, or have heard stories from other children. Talk about the fact that all teachers have their own rules and expectations, but always be positive about the teacher in front of your child.



Bounce Back 4 Kids

part of **PACT**
PARENTS AND CHILDREN TOGETHER

BB4K Positive Kids Pages

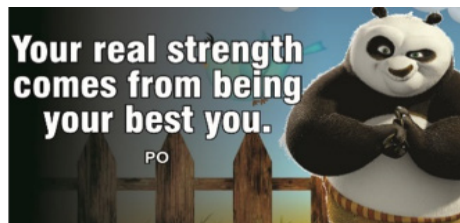
What to expect from starting school in September:

- Drop off and pick up times may be staggered and parents will be asked to form queues and abide by one way systems to help with this. Some may find this tricky if they have more than one child to drop off and collect and this may be a work-in-progress.
- Breaks, assemblies and PE sessions may be in smaller groups or class bubbles.
- All schools encouraging regular, thorough hand washing.
- Class mates may form a 'bubble' in which they will learn and play together and will be encouraged to keep some space from others outside their bubble.
- Lunchtimes may be staggered and in bubbles where possible. Some schools will be able to provide hot meals but there may be no or limited choice.

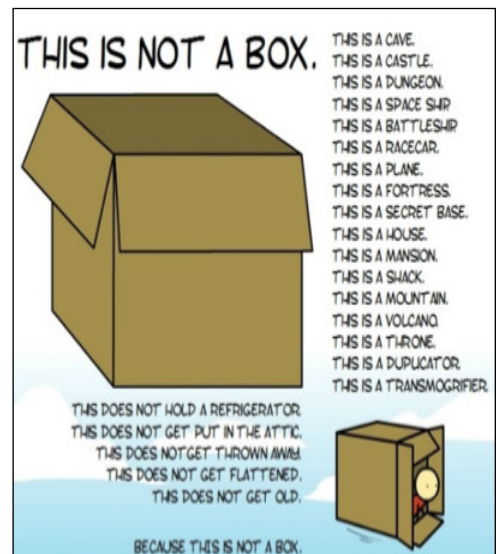
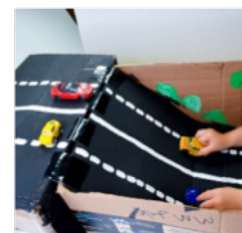
The mental wellbeing of children and young people is a priority and schools are aware that returning to school after a long break may be stressful for some.

There is support available through the schools and BB4K and other agencies.

Please be thoughtful to the school staff.
This is a first for **EVERYONE.**



Fun with Cardboard!
I'm sure you have some left over cardboard from all the internet deliveries and cooking you have been doing over the last 6 months so lets have fun with them!



Bounce Back 4 Kids

part of **PACT**
PARENTS AND CHILDREN TOGETHER



BB4K Positive Teens

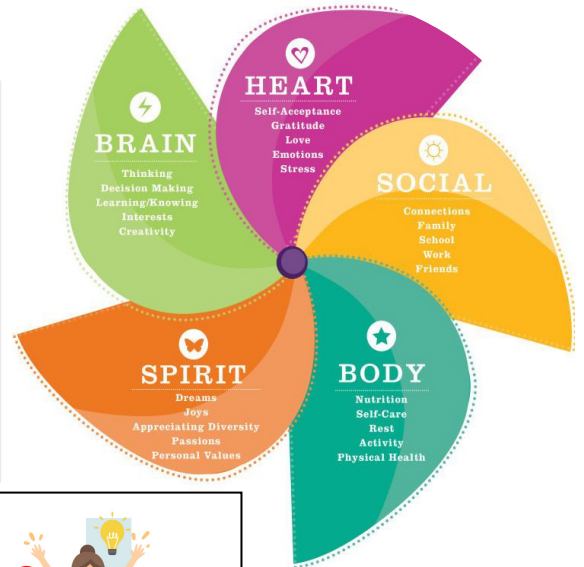
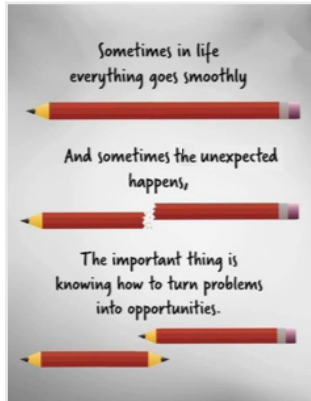
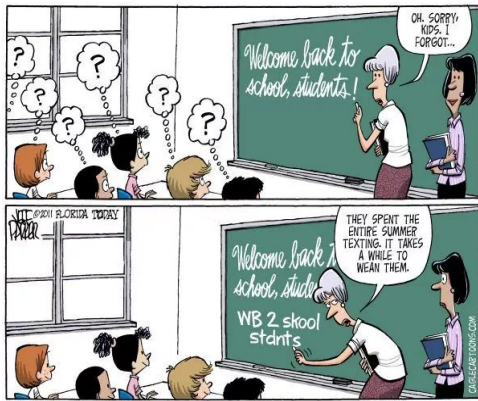
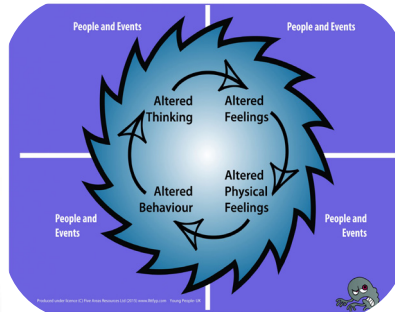
Understanding Your Feelings - the Vicious Cycle

Perhaps they are worried about starting school again and being put into bubbles away from friends in different year groups. Or possibly having to wear a face mask in school. Or trying to find another new routine.

Perhaps they are worried about the virus returning and being separated from friends and family again, or are worried about relatives falling ill, or have experienced a parent losing their job and the stresses and strains experienced as a family because of this. This is when the cycle begins and then starts spinning and may cause 'altered feelings.' These bad thoughts may make you feel like not going out because you're scared of the virus, or returning to school may seem daunting.

This is when altered physical feelings are experienced - lying in bed awake and worrying about going back to school, sweating, shaking, head bursting and other sensations associated with anxiety.

MIND



9 tips for dealing with uncertainty and anxiety

1. Be honest with yourself
2. Challenge anxiety-driven, distressing thoughts
3. Look on the bright side
4. Focus on what you can control
5. Practice mindfulness by being aware and intentional
6. Take action through value-driven behaviours
7. Start a gratitude journal
8. Find new ways to connect with others
9. Infuse your day with physical activity



BB4K INFO

For any BB4K Referrals and/or enquiries please contact:
BB4K@pactcharity.org

Or call: 0118 402 1682

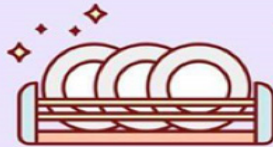
Please send in any pictures of what you have been doing and any ideas to help with the next newsletter!



LITTLE ACTS OF KINDNESS



Clean out your closet & donate your clothes



Help with a household chore at home



Leave a positive review for a small business



Praise the staff at the supermarket



Tell someone why you are thankful for them



Send someone a cute care package

NEVER ALONE



- www.nspcc.org.uk (child abuse)
- www.refuge.org.uk (women's shelter)
- www.mind.org.uk (mental health)
- www.victimsupport.org (rape help)
- www.ncdv.org.uk (domestic violence)
- www.childline.org.uk (children's wellbeing)
- www.womensaid.org.uk (domestic abuse)
- www.mensadvice.org.uk (men's domestic abuse)
- www.samaritans.org.uk (crisis aid & suicide)
- www.wearehourglass.org (elder abuse)
- www.cruise.org.uk (bereavement support)

NEVER ALONE



- NSPCC 0808 800 5000 (24hrs)
- National Domestic Abuse Helpline 0808 2000 247 (24hrs free)
- Mind 0300 123 3393 (Mon-Fri 9-6)
- Victim Support 0808 168 9111 (24hrs)
- ChildLine 0800 1111 (24hrs)
- Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)
- Action on Elder Abuse 0808 808 8141 (Mon-Fri 9-5)
- Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5 or 8pm)
- Samaritans 116 123 (24hrs free)
- National Centre for Domestic Violence 0207 186 8270