

Tuesday 4th August Post: Back to School Tip #2

We are sure many families will be starting to make plans to help with the return to school. We hope you find these Back to School Tips useful.

Back to School Tip #2: Be Kind to Others- *Everyone needs Kindness*

Your Child: Encourage your child to think of ways they can be kind to others and pay attention and praise your child when you notice them doing this. "It was kind of you to... share with your friend/ include them in your group at break"

Children learn by watching others- show or tell your child ways you have been kind to others. For example, "I had a chat with our neighbour, she looked a bit sad."

You: Notice other parents on their own in and around the school, you never know who may welcome a friendly greeting or chat.

Above all, be kind to yourself. We've all been through exceptional circumstances.

For more information about going Back to School and supporting your own and your child's wellbeing visit www.edinburgh.gov.uk/backtoschool
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If you have a child who is starting or returning to school this term you can find lots of helpful tips to help get prepared in the Building Resilience- Back to School Tips booklet. You can download this now from www.edinburgh.gov.uk/backtoschool
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