

Wednesday 5th August Post Back to School Tip #3

For some the return to school may be a busy and exciting time, for others it may cause some anxiety and worry. We have developed these Back to School Tips to support families with some ideas to help support wellbeing.

Back to School Tip #3: Talk Things Over- *It's good to talk...and listen*

Your child: Notice when is a good time and make space for your child to talk about things. This may be walking the dog, in the car or at bedtime. Create opportunities for your child to build a relationship with another family member, trusted adult or professional.

Be available to actively listen to what your child is thinking or how they are feeling. Name what you think they are feeling, let them know you understand and try not to jump in too soon with a solution. For example. "It sounds like you're worried about having no one to play with, I can see why that's upsetting you."

After the school day, your child may need time to wind down before telling you about their day. You could try sharing something about your day first.

You: Think about who you can talk to about any concerns or worries you have, such as a friend, family member or maybe a professional.

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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