

## **Monday 10th August Post with Image Back to School Tip #6**

We all want to help our children and young people make as smooth a transition as possible back into school and to feel safe and happy there. All week we will be sharing some more tips which will hopefully give some helpful ideas.

Back to School Tip #6: Take a Moment – *We all need some time out*

*Your Child:* Reflect on what you have noticed helps or may help your child to cope with new or difficult situations or emotions such as listening to music, jumping on the trampoline, etc. It might be helpful to practice new coping strategies together and plan for how these can be used when things are tricky.

*You:* Being a parent can be really tough, doing things to look after our own wellbeing helps to manage stress, boost our confidence and makes us more able to cope with the ups and downs. Try to prioritise doing something that improves your wellbeing – it might help to set aside some time each day. You could- chat with a friend, go for a walk, read a book, go fishing, etc.

*Together:* If appropriate share with your child a way you have managed a difficult situation.

For more information about going Back to School and supporting your own and your child's wellbeing visit [www.edinburgh.gov.uk/backtoschool](http://www.edinburgh.gov.uk/backtoschool)  
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