

## **Monday 3<sup>rd</sup> August Post with Image Back to School Tip #1**

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. We are delighted to help launch the Edinburgh Back to School campaign with our partners across the city. We will be sharing some tips and resources which have been developed for families over the next couple of weeks.

### **Back to School Tip #1: Keep Connected- *Relationships matter***

**Your Child:** Support your child to contact a friend from school, chat online or spend some time together before the start of term. For children who may find this difficult, help plan an activity or discuss ideas of what they could talk about.

Think of ways your child can feel connected to you when they return to school, E.g. give them a picture, a written message or a familiar object that they can take with them in their pocket or bag. Schools will give advice on what your child can bring with them initially.

**You:** Arrange to meet or call a friend or another parent, have a chat and share your plans for returning to school. Suggest walking to school together or arrange to meet up after school starts.

**Together:** Share anything important that has happened during lockdown with school at the start of term- let them know about any family changes, positive achievements or challenges experienced. Your child may want to draw a picture or take a photo of something positive they have done to share with a staff member or their friends.

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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