

Tuesday 11th August Post: Back to School Tip #7

We all want to help our children and young people make as smooth a transition as possible back to school and to feel safe and happy there. To find lots of helpful tips, download the Building Resilience- Back to School Tips for families at

www.edinburgh.gov.uk/backtoschool

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We hope you and your child are feeling ready to return to school tomorrow or very soon. Some of our Back to School tips may give you some ideas and help you all focus on the positives.

Your Child: Discuss with your child what they did to make a difference to someone in your community or your environment over the past few months. Like displaying a rainbow, shopping for a grandparent or cutting the grass for a neighbour.

Acknowledge the small things – for example notice your child when they help a sibling, put litter in the bin, help around the home.

You: Talk about who or what made a difference to you or your family during lockdown.

This could be something that seems small, like someone calling when you needed cheering up. Consider how you made a difference and what else you'd like to do.

Together: By each of us washing our hands, wearing a mask and keeping a distance we help protect others.

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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