

THINGS THAT MAY HELP YOUR CHILD TRANSITION BACK TO SCHOOL



This information is provided by Sparklers, a wellbeing toolkit developed after the Canterbury earthquakes. They know a thing or two about what can help during tricky and worrying times, when our children may need some extra support.

1. While it may not feel like it, the best place for our children to be (if they can) is school! It'll be wonderfully social, normalise their experiences and while there might be initial worry, going to school will totally help. Psychologists call this 'exposure' – if we expose ourselves to the things we're frightened of, we become less frightened.
2. The Ministry of Education will continue to set guidelines over the coming weeks, and they are specialists who know what they're doing. We've been listening to them so far, and that's worked out well!
3. Teachers are cool – and are awesome supports for tamariki. Teachers know there'll be lots of different emotions in a room, and that kids might range from fine, right through to super scared. They will respond with aroha and empathy.
4. Kindness is an antidote to worry. Isn't that amazing? When we focus on fear, we tend to be driven by worries (hence all the toilet paper buying!). Focusing on kindness shifts our thinking to others – helping us act in caring ways, notice similarities and look for the good, all of which boost our wellbeing!

5. Your kids will be watching you bloomin' closely right now. If you're displaying worry, they'll be worried too. Sometimes we just have to pretend to be brave or calm, for them. A good mantra is: If I'm okay, then they're okay, even if I have to pretend sometimes.

If your child is super worried:

- Try not to over-reassure, as they'll think there really is something to worry about.
- Think about your emotions too – see our number 5 note above!
- Head to [Worries 101](#) and learn some strategies to help.

Finally, start talking (gently) about all the cool things about going back to school. If we show we're okay with this and highlight the positives, we can help them to see these too.

