

1. Talk to each other

- Make time to talk about how your child is feeling, be positive about the plan and invite questions
- Family scripts 'sometimes different jobs and ages need to work and learn in different places'
- Listen and reflect – 'I can see you are upset, it is hard when things change but everything will be ok'



2. Create routines

- talk about what is happening the next day in advance-make visuals for younger children
- Plan routines for family activities when everyone is back together
- Morning – getting up and dressed is the same for everyone
- Make weekends different

3. Learning

- Everyone has a learning and breaks timetable, make visuals to support
- Consider what can be the same for all your children whether at home or school eg. snacks, changing clothes for play.
- Share one thing you learnt today
- Show you are thinking of children not at home 'I thought of you at school today and wondered.....'



Learning in Different Places

4. Encourage one another

- Model a calm approach even when you may be feeling worried yourself
 - Tell your children how well they are doing with specific feedback;
- 'It's great to see you having fun with your friends again, after being away a long time'
- 'I can see how hard you are working on that maths at home, it makes me feel so proud'



5. Feeling safe

- Reassure children that everyone is working hard to make sure it's safe to be in school
- Use social stories and other resources to talk about what school will be like
- Plan a short 'special time' or 'check in' time for those who have been out of the house

6. Take care of yourself

- Be kind to yourself and others
- Listen to positive messages and share them
- Take a break from the news
- Find other adults to talk to

