



Resources to help your child's transition back into school after lockdown

Below are a series of links to websites that offer advice and support for parents plus activities for children to aid the transition back to school on the 8th March. We hope that you find them useful and we look forward to welcoming you, and your families, back to Fern Hill again very soon.

All links are in red.

[Achieving for Children in partnership with the Public Health Teams in Kingston and Richmond](#)

School attendance is important to help children learn and develop their emotional and social skills. The health and safety of children, teaching staff and their families remains top priority. This booklet was written for the return of children to school in Sept 2020, however, the advice is still valid and applicable in March 2021. The booklet will be revised in the near future.

[Return to school booklet Richmond and Kingston](#)



[Emotional Support for children – story book](#)

ELSA is an educational psychology led intervention for promoting the emotional wellbeing of children and young people. This is a story to read with your children to help them feel positive about returning to school.

[Back to school ELSA story](#)



[Story video and book for children on fighting the virus](#)

“My Hero is You” is a book written for children around the world affected by the COVID-19 pandemic.

[My Hero is You - how kids can fight COVID-19 video](#)

[My Hero is You - how kids can fight COVID-19 book](#)



[Children's Voices - Coronavirus: Nip in the Bud video](#)

Nip in the Bud raises awareness of mental health disorders in young children. They offer downloadable fact sheets and informative videos.

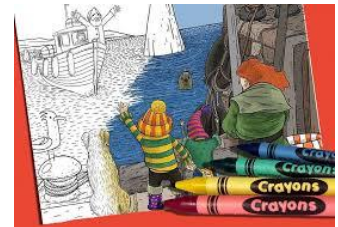
[Tips for Returning to School - Nip in the Bud](#)



[Molly and the Shutdown – video, colouring resources and book](#)

Malachy Doyle and Andrew Whitson have created a new free resource story and colouring book for children, to help with the challenging circumstances we are currently living in.

[Molly and the Shutdown](#)



[Preparing your child for their first day back at school](#)

As schools begin to open, children and parents may be feeling anxious. Trauma Informed UK Schools offers some helpful advice.

[Preparing your child for the first day back at school](#)

The infographic is titled "Preparing Your Child For the First Day Back in School" and is attributed to "#TheExpertParent". It features six key tips: "Be Calm" (encouraging parents to stay calm and reassure children), "Be Positive" (encouraging parents to be positive and reassure children), "Be Supportive" (encouraging parents to be supportive and reassure children), "Be Curious" (encouraging children to be curious and ask questions), "Be Thankful" (encouraging children to be thankful for the school), and "Be Prepared" (encouraging children to be prepared for the first day). Each tip is accompanied by a small illustration.

[Letting go & future plans – Partnership for Children](#)

An important part of preparing to go back to school is to reflect on what has happened during coronavirus, as well as looking forward to the future. Parents can complete this simple activity sheet with their child to help them let go of things they may have missed out on during the lockdown

[Letting go and future plans](#)



[CAMHS have developed some great resources to help you and your child](#)

CAMHS stands for **Child and Adolescent Mental Health Services**. CAMHS is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties.

[CAMHS resources](#)

CAMHS
Child and Adolescent
Mental Health Services

[Anna Freud mental health charity for children and families](#)

A practical guide to support pupils to manage change during periods of disruption.

[Anna Freud advice for parents](#)

 **Anna Freud**
National Centre for
Children and Families

[Banardo's Children's charity](#)

Find out which strategies can help your child feel less nervous about returning to school.

[Back to school: Strategies for coping with feelings](#)



[Young Minds Mental Health Charity blog](#)

After so long off school, it is completely natural to feel anxious about returning. Two *Young Mind* bloggers share their worries and what is helping them to cope.

[Young Minds - coping with back to school anxiety](#)



[Ambitious about Autism – national charity offering advice and support](#)

Advice on how to support autistic children through changes due to Covid.

[Ambitious about Autism](#)



[NSPCC](#)

Advice on preparing children for school, answering their questions plus your rights as a parent.

[Keeping children safe at school | NSPCC](#)

