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# WELLBEING TIPS FOR PARENTS & CARERS



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Returning to school in a pandemic is unsettling for children and parents. This MindWise have shared some tips to keep yourself and your children low-stress as they go back to school.

### **TIP 1**

#### **Keep your child informed**

Update your child about what is going on to reduce their anxiety. If your child is nervous about returning, use gentle words to reassure them that it is safe. This will improve their chances of a stress-free transition.

### **TIP 2**

#### **Make wellbeing the priority**

A child's mental health needs to be the focus for parents and teachers. Putting too much pressure on your child to achieve will backfire. Now more than ever, we need patience and kindness to get us through.

### **TIP 3**

#### **Manage your own stress**

It's understandable to be stressed in these times. Take a moment to assess your own anxiety levels and take care of yourself. Try to get outside a few times a week. You'll cope better if you've had time to yourself.

### **TIP 4**

#### **Talk about worries**

If your child shares a worry with you, try to get to the source of their anxiety and reassure them. Supporting them in their feeling is an important step in helping them to move on from it.

### **TIP 5**

#### **Expect emotions**

Returning to school may bring out strong emotions like anxiety and anger. Empathise with them while encouraging them to face their fears. Meeting their fears with compassion will help build resilience.

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