

# Building Resilience – Back to School Tips

Additional Support Needs' Focus



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We all want to help our children and young people make as smooth a transition as possible back into school and to feel safe and happy there. Tips have been developed for parents and carers to use to support themselves and their children to become more resilient and develop the skills needed to cope with challenging times. They are part of the *Building Resilience* package, which also includes training and resources for staff in primary and secondary schools.

These tips, which have been adapted to have more of a focus on supporting families with children who have additional support needs, are part of that Building Resilience Package.

### Relationships matter

#### Your child

Think of an object (check with the school that it's OK) your child can safely take into school to help them connect with home.



Share anything important that has happened during lockdown with school at the start of term. Some of these might be difficult things and don't forget to tell them any good news you may have about your child's achievements or activities.

#### You

Arrange a phone call or meet with another parent/carer you know from your child's school to have a blether.



RESPECT YOURSELF

### Be kind to yourself and take pride in what you and your family have done

'Being kind to yourself is one of the greatest kindnesses' (*The Boy, The Mole, The Fox and The Horse* by Charlie Mackesy Penguin Books)



BE KIND TO OTHERS

Take a few moments to think about some of the ways you and your family have managed this lockdown. Do something a bit different to celebrate – sing a song, do a dance, bake or buy a cake, go for a picnic.

### It's good to talk ... and listen

#### Your child

Perhaps your child might need a bit of time and space to communicate how they are feeling. Their behaviour may be the way they are doing this. Keep the school informed of any concerns you may have.



TALK THINGS OVER

After the school day, your child may need time to wind down before telling you about their day. You could try sharing something about your day first.

#### You

Make time for yourself to talk to someone you trust about how you're feeling and what it's been like for you and your family.

# We all need some time out

## Your child

What has helped your child calm down in Lockdown? Encourage them to do something you notice helps them when they get upset and tell the school how it's helped.



## You

Try to spend a bit of time entirely selfishly – it's not really selfish, you are charging up your batteries and taking a micro holiday to replenish your strength.

# Find positive moments, however small, each day Remember we can cope – we just did



CHALLENGE  
YOUR MINDSET

## Your child

Take a moment each day to remember one positive thing that your child did or said and share it with them in a way that they will best understand.

## You

Each day say to yourself 'today I loved ...' however fleeting a memory that may have been. Remember how many things you cope with each day and particularly over the last months – draw strength from those thoughts and how you managed to come through difficult times.



LOOK ON THE  
BRIGHT SIDE

# Keep going, or get started – a new journey starts with a step

It's proven that physical activity boosts our sense of wellbeing.

## Your child

Think about what your child can do and choose a next small step for one of those things, starting from where your child is right now.

## You

If you or your family started an activity during lockdown - say a daily walk- try to keep it going. If you didn't manage that maybe you could choose something you'd like to achieve before Christmas. Even working on something for a short time a few times a week is enough to make a difference.

Remember little rewards to yourself and family can help establish a good habit!



GET ACTIVE



HAVE A GOAL

These tips have been developed by the City of Edinburgh Council Psychological Services. Educational psychologists work with all our schools, nurseries and establishments to help pupils that need support with their learning, behaviour and development.

The team can be contacted by emailing [psychologicalservices@ea.edin.sch.uk](mailto:psychologicalservices@ea.edin.sch.uk) or telephone 0131 469 2800, Monday—Friday 9am–5pm. Leave a message including your name, phone number and child's school and someone will call you back as soon as they can.

For more information about going Back to School and supporting your own and your child's wellbeing visit [www.edinburgh.gov.uk/backtoschool](http://www.edinburgh.gov.uk/backtoschool) where you will be able to watch the narrated webinars developed for parents and carers:

'Moving On, Coming Together. Supporting your child's wellbeing on the return to learning establishments'

'Moving On, Coming Together. Looking after our own wellbeing'

These webinars and tips compliment the training already offered to staff across Edinburgh to help them to support their own and children and young people's wellbeing.

If you would like to know more about the supports available for parents and carers or children and young people in your local area go to [www.edinburgh.gov.uk/pacs](http://www.edinburgh.gov.uk/pacs) or email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)

For information on policy, services and support for parents and carers of children with additional support needs visit the Parents and Carers of Children with Disabilities in the City of Edinburgh Facebook page at [www.facebook.com/groups/495538157523959](https://www.facebook.com/groups/495538157523959)



## HAPPY TO TRANSLATE

ترجمہ کے لئے حاضر ہر شخص کو ہمیں توفیر الترجمة  
MOŻEMY PRZETŁUMACZYĆ আনন্দের সঙ্গে অনুবাদ করব

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