



# Moving On, Coming Together

Supporting your child's wellbeing on  
the return to learning establishments

This training has been collaboratively developed and delivered by:

Health and Wellbeing Team and Psychological Services



## Aims of this session

Listen	Explore strategies for listening to and talking with your child
Prepare	Think about how to prepare for returning
Support	Consider supports and resources
Adapt	Discuss the need to keep adapting to new challenges



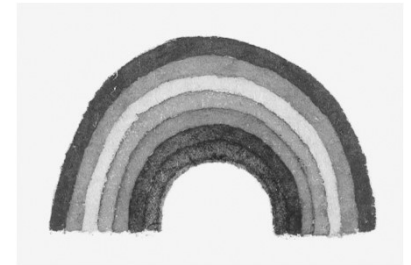
# **SAME STORM, DIFFERENT BOATS**

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# RAINBOW



R-reflecting and reconnecting

A-acknowledging experiences

I-identifying resources

N-nurturing environment

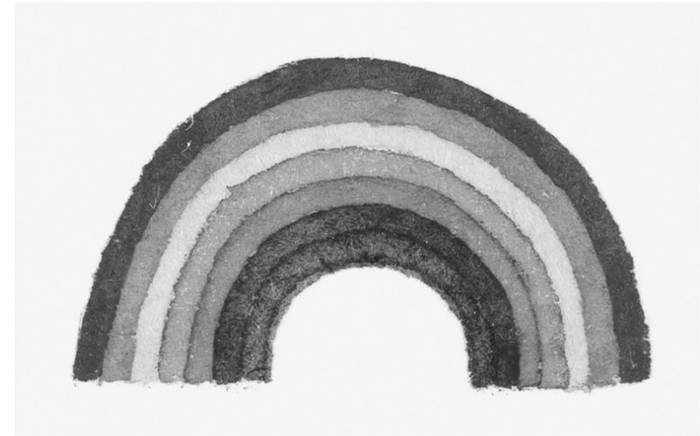
B-building resilience

O-observing

W-weathering the storm



# REFLECTING AND RECONNECTING





## Activity-Reflect on Feelings

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How are you feeling about the return to school or nursery?



How do you think your child/ Young Person is Feeling?





## Activity-Reconnect

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What have you done during lockdown to:

- Keep connected with family?
- Keep connected with your child's friends?
- Support your child's learning?



# Ideas for reconnecting

Talk about  
achievements to  
share

Revisit & practice  
routines

Transitional objects

Outdoor meet ups  
with peers



Let them know  
you'll miss them  
but look forward to  
seeing them again!

Explore worries

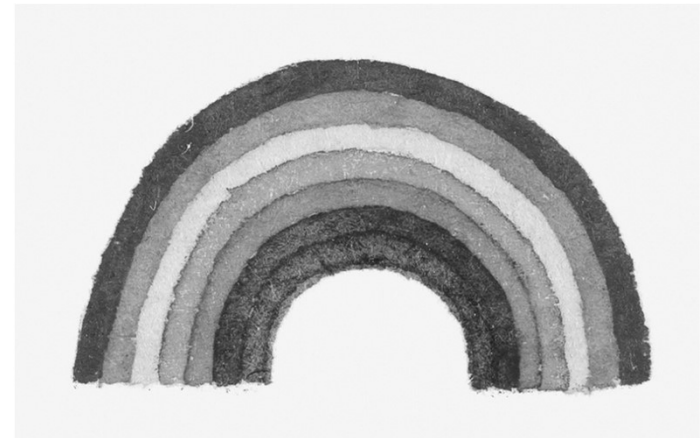
Make a plan together  
to tackle problems

Focus on what will  
be the same





# ACKNOWLEDGING EXPERIENCES





# Activity: Acknowledging Experiences

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Think about some of the changes you have  
faced during this time?

What about your child/children?

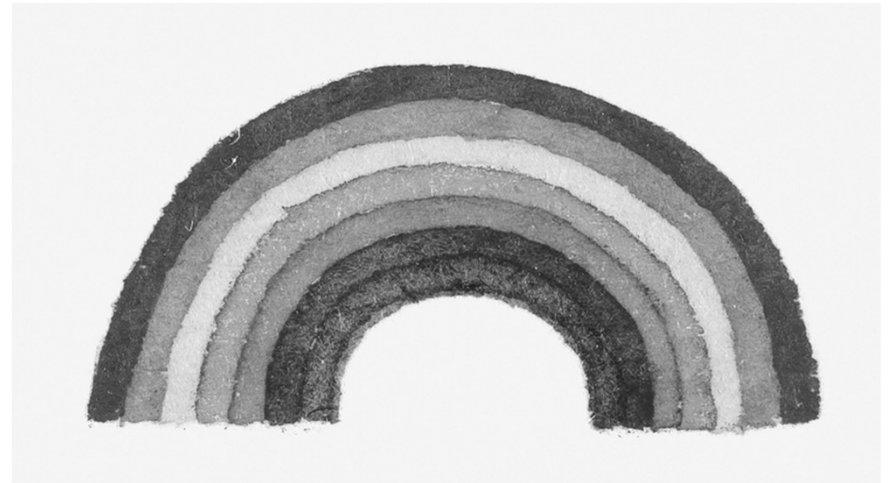
What has everyone done to adjust?



# LISTEN AND TALK



- Be curious
- Create opportunities
- Acknowledge feelings & reactions
- Answer questions
- Identify strengths
- Let them know they can come back to you





## Having the conversation

**I can see this is worrying you. Would you like to talk about it or draw that?**

**What are some of the things you're looking forward to?**

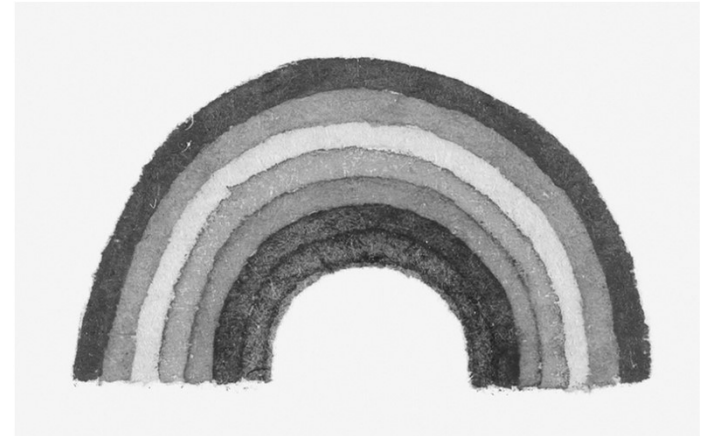
**What is one thing that would help you now?**

**You've been great at organising yourself. I think this will help!**

**I've noticed you've been quiet recently I wonder if you're feeling sad about something?**



# IDENTIFYING RESOURCES





# WHAT WE CAN DO

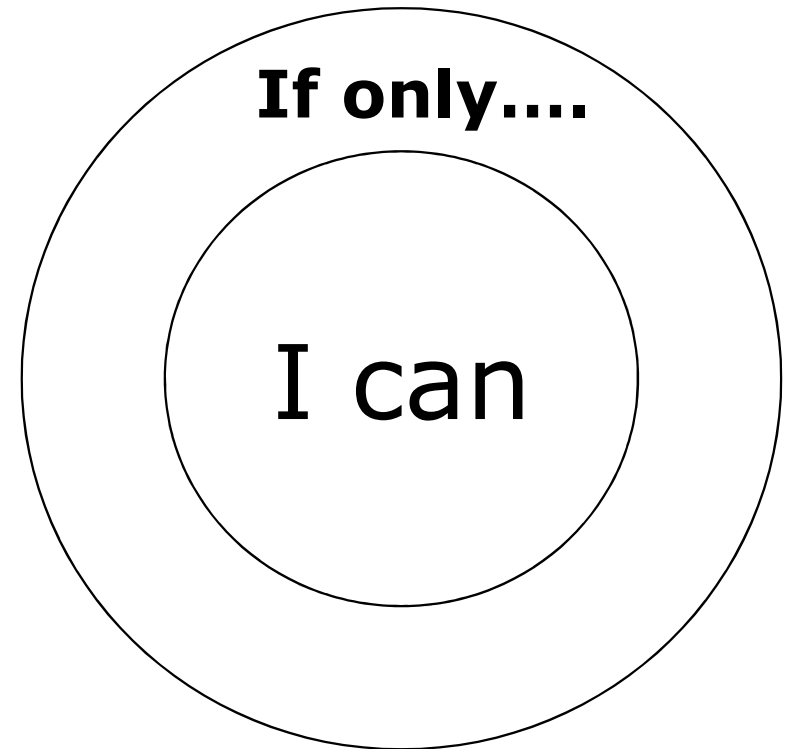
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"START where you  
are

USE what you have

Do what you can"

Arthur Ashe





# Identifying Resources

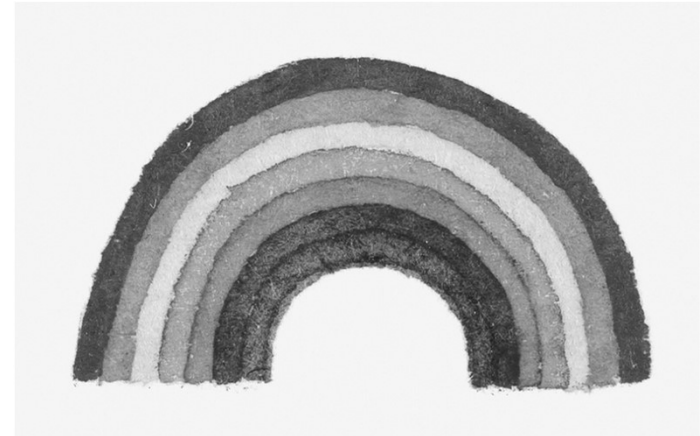
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- Re-visit Routines
  - Sleeping
  - Getting Organised and Out
  - Family check in time
- Keep/Get Active Again
  - Reconnect with sports/hobbies
  - Practice the journey to school!





# NURTURING ENVIRONMENT







# Ideas for a nurturing environment

Supporting your child to be with their peers again

Play and creative activities

Giving extra time to process information

Put unknowns into words



Think about a key person

Name emotions and talk about problem solving

Think about 'passing on your calm'



# Having the conversation

**This will be the way to do things for a while and there will be a new way in the future.**

**I am wondering if you feel...**

**I wonder if this would help right now?**



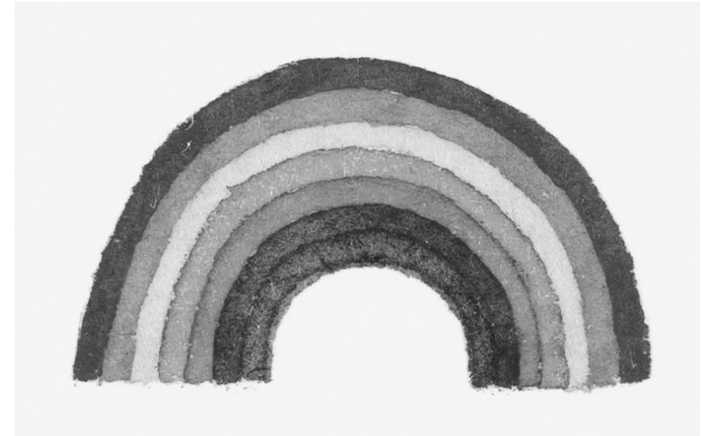
**We can work this problem out together.**

**I know that things are tough for you right now.**

**I saw... and I thought of you.**



# **BUILDING RESILIENCE**





# Activity: Building resilience

## BUILDING RESILIENCE



KEEP CONNECTED



RESPECT YOURSELF



CHALLENGE  
YOUR MINDSET



TAKE A MOMENT



TALK THINGS OVER



GET ACTIVE



MAKE A DIFFERENCE



LOOK ON THE  
BRIGHT  
SIDE



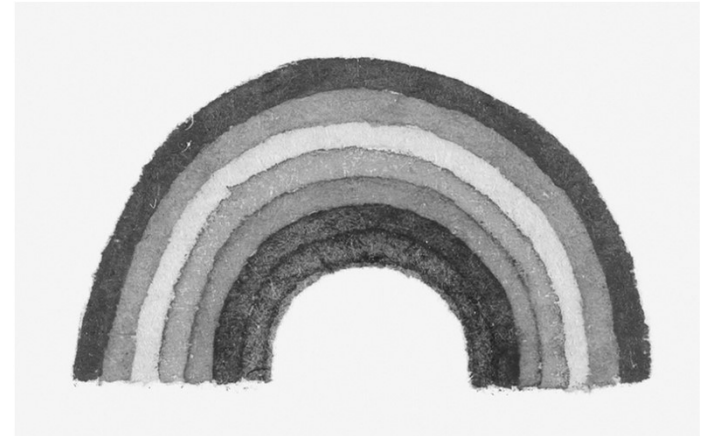
BE KIND TO OTHERS



HAVE A GOAL



# OBSERVING





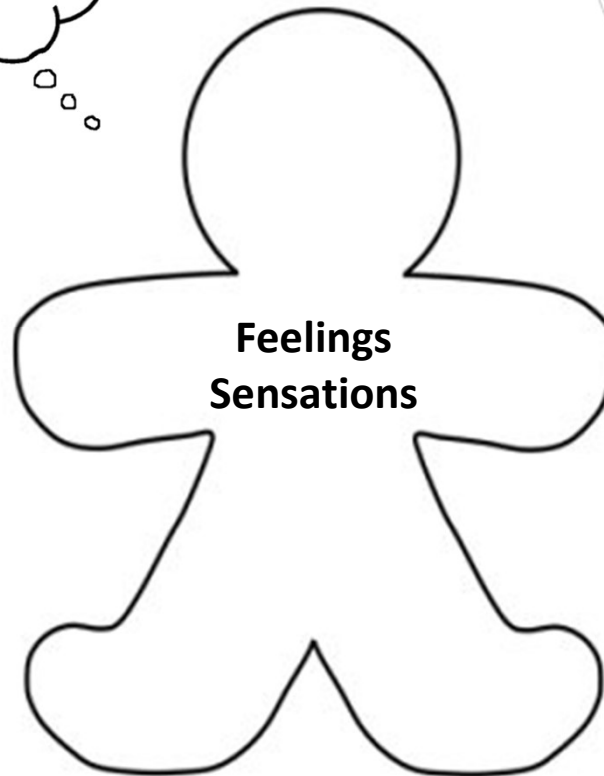
# Behaviour as communication





Thoughts  
Self talk

Things  
they  
say



Feelings  
Sensations

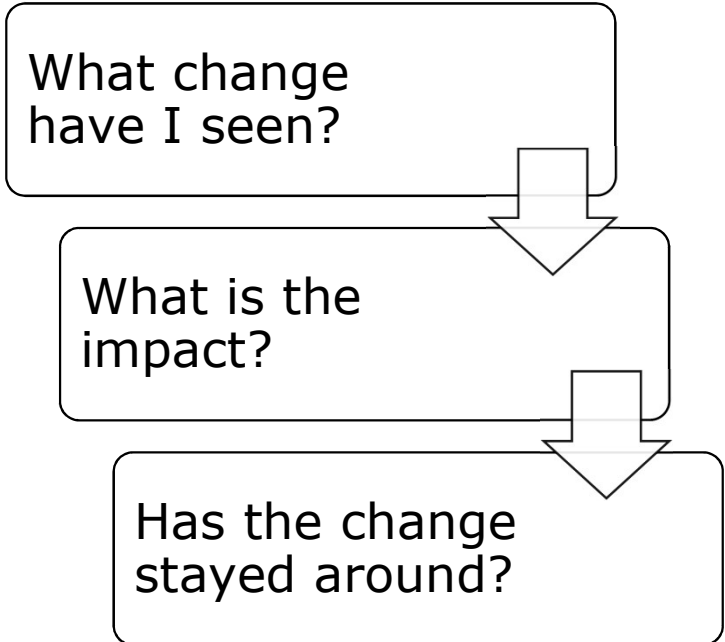
Behaviours



# Some changes to look for

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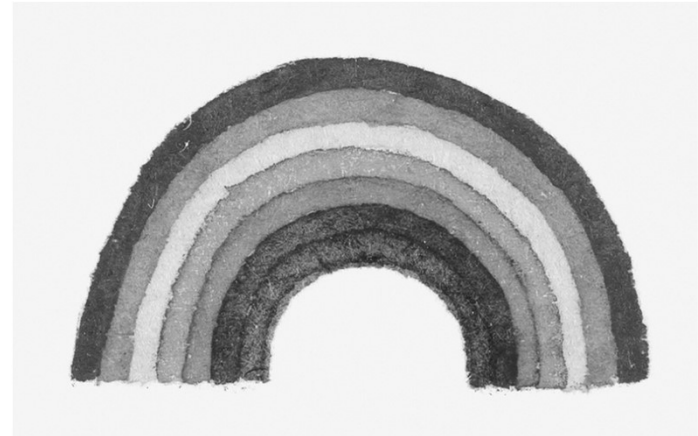
- Clinginess or increased concern with family
- Change in behaviour, mood or energy levels
- Change in social interaction and relationships
- More worrying and/or new worries.
- Changes in memory/attention, eating and sleeping.







# **WEATHERING THE STORM**





# Keep it Going!

- Keep looking after yourself as the first port of call
- Keep talking, with your child, friends, family etc.
- Link in with your child's school and your own support network
- If you feel stormy weather approaching, pause and come back to RAINBOW.





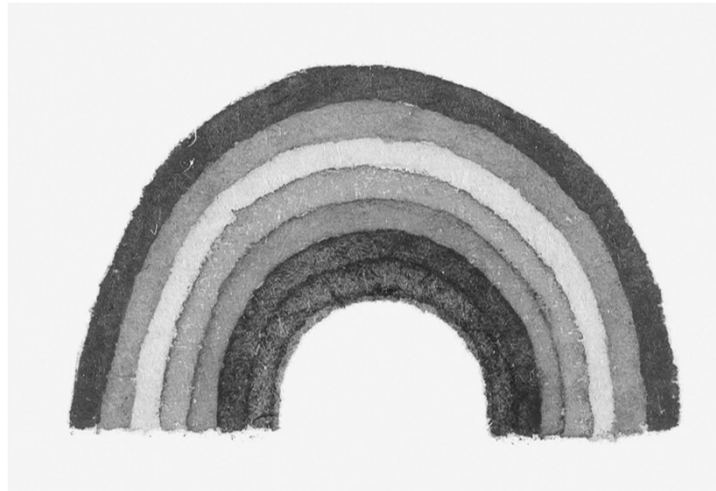
# Activity: Your RAINBOW





# Thank you for joining us

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This presentation has been narrated by City of  
Edinburgh Council Psychological Services

[psychologicalservices@ea.edin.sch.uk](mailto:psychologicalservices@ea.edin.sch.uk)

# Support in Edinburgh

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**If you would like support and advice about your child returning to school please contact your child's school or nursery.**

**For more information on the wide range of support in Edinburgh for parents and carers visit**

<https://www.edinburgh.gov.uk/pacs>

or contact [SupportingParentsandCarers@edinburgh.gov.uk](mailto:SupportingParentsandCarers@edinburgh.gov.uk)

# Supports for Children and Young People

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- Sleep Scotland [www.sleepscotland.org](http://www.sleepscotland.org) Parent Support Line  
0800 138 6565
- People Know How [www.peopleknowhow.org/positive-transitions-service](http://www.peopleknowhow.org/positive-transitions-service)
- Young Minds [www.youngminds.org.uk](http://www.youngminds.org.uk) 0808 802 5544  
[parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)
- Childline [www.childline.org.uk](http://www.childline.org.uk) 0800 1111
- Children & Young People at Edinburgh Libraries  
<https://www.facebook.com/CYPatEdinburghLibraries/>
- The Edinburgh Guarantee Support  
<https://www.edinburghguarantee.org/>

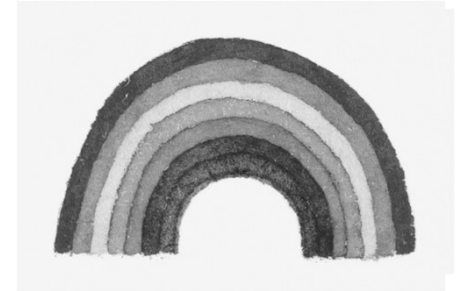
# Supports for Parents and Carers

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- Parent Club [www.parentclub.scot](http://www.parentclub.scot)
- Parenting Across Scotland [www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)
- Parentline Scotland <https://www.children1st.org.uk/help-for-families/parentline-scotland/> Helpline 08000 28 22 33
- NSPCC [help@nspcc.org.uk](mailto:help@nspcc.org.uk) 0808 800 5000  
[www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/](http://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/)
- One Parent Families Scotland [www.opfs.org.uk](http://www.opfs.org.uk) 08088 010323
- Enquire [www.enquire.org.uk](http://www.enquire.org.uk) 0345 123 2303

# Want to know more?

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Look out for City of Edinburgh Council's '**Building Resilience - Back to school tips**' at [www.edinburgh.gov.uk/backtoschool](http://www.edinburgh.gov.uk/backtoschool) and on social media.

If you have 5 minutes...

- Google '**BPS Psychology of Play Video for Parents**' for a 2 minute video on how Play contributes to a **Nurturing Environment** on the return to school.

If you have 15 minutes...

- Go to [www.edinburgh.gov.uk/support-families/supporting-children-young-people-home-school-closures](http://www.edinburgh.gov.uk/support-families/supporting-children-young-people-home-school-closures) for lots of advice and a link to '**co-regulation activities**'.



**Thank you**