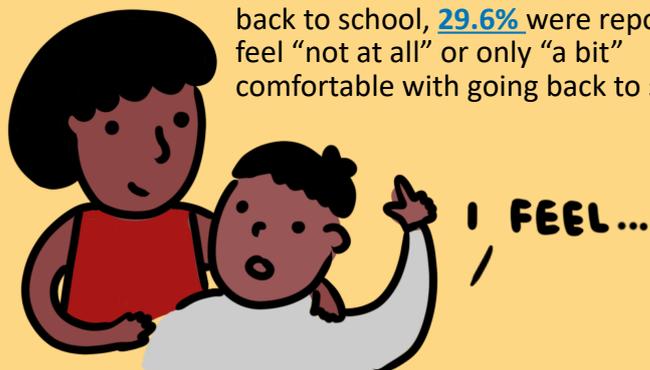


4 Tips on supporting on children & young people as schools reopen

1. Be curious and acknowledge their fears and worries

It's normal to have some worries about going back to school/doing school work again. Start up conversations with your child using 'open questions' (e.g. "How do you feel about going back to school?") and help them do things to prepare (e.g., seeing friends, getting things ready, walking past the school).

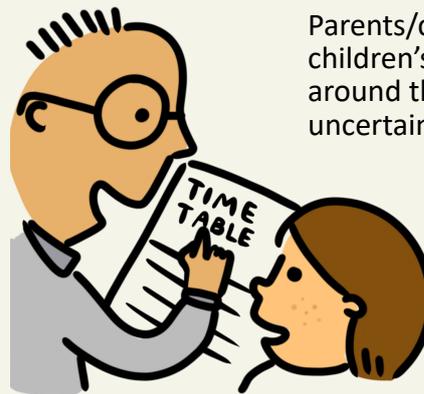
While most participants reported that their child feel comfortable about going back to school, **29.6%** were reported to feel "not at all" or only "a bit" comfortable with going back to school.



2. Emphasise what will be the same as well as what will be different

While some uncertainty is inevitable, where you can, provide your child with information about their new routine and school day (e.g. read school newsletters together to understand what the school has planned). Whilst it's important to acknowledge that things will look different when schools reopen, it is also reassuring to children and young people to know that some things will still be the same!

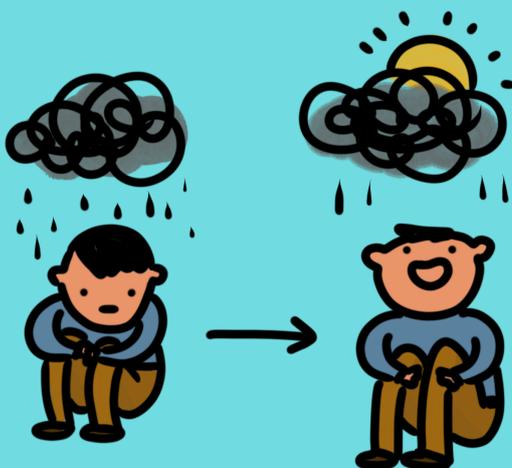
Parents/carers reported that children's biggest concerns were around things being different or uncertain (**32.9%** of participants).



3. Help your child to notice the positive things

While acknowledging their concerns, help children to recognise the positive things that will be happening when they return to school (e.g. they will meet their friends again / they will get to make new friends).

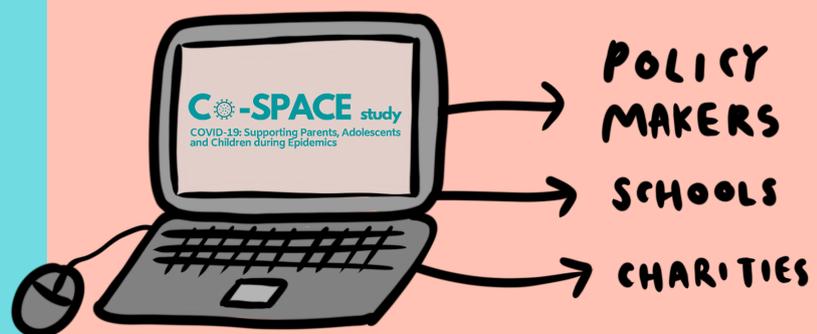
29.4% were very concerned that the enjoyable things in school might not be happening.



4. Seek support for your child when it is needed

As schools reopen, each child may react differently and struggle with different things. Do reach out to your child's school so that they can work with you to support your child.

Taking part in the Co-SPACE survey is also a way to let policy-makers, schools and charities to know how they can best support the mental health of children and young people during this time.



Understanding how young people and families are getting on as children get back to school and/or other forms of learning will be really important for us to understand so that we can advise professionals and policy makers what support is needed.

Take part in the survey: www.cospaceoxford.com/survey