



Communication with your child

You will want to ask questions about your child's day but be prepared for short and vague answers or no response at all! Be creative about when, where and how you engage your child in a conversation. Think about these questions: Tell me about something funny that happened in class today? What have you found out that you didn't know this morning? Who did you most enjoy talking to in school? Did you need to ask your teacher for help with anything?

Keep in touch with school

- Know who to contact in school and how, if you have any concerns or questions.
- Share information about your child that might impact on their school day.

Movement

Due to Covid restrictions in school, your child will not be moving around as much as before. Continue planning active experiences either indoors or outdoors. Go for a walk, play a game in the park, build a den or go for a bike ride.



Parents

Tiredness

After being out of full-time education for so long and now returning to school, be prepared for your child to be tired for the next few weeks/months.

- Encourage positive sleep habits e.g. turn off screens at least 1 hour before bed time, avoid foods with a high sugar content and go to bed at a suitable time.
- At the weekend and in the evenings, your child may need some downtime. Consider this when planning family activities.
- For a while, your child may be less engaged in family life due to tiredness. Make reasonable adjustments until they are used to routine and structure.

