**Preparing your child for return to school – advice for parents and carers**

**Re-set body clocks**! In the week before your child is due back at school make sure they go to bed early and wake up in time to 'get ready for school.’

**Clean Hands!** Show your child how to wash their hands properly (click for link) explain that their teachers will want them to wash their hands 5 or 6 times a day when they are at school.

**Catch it, bin it, kill it!** Make sure your child knows how to blow and wipe their nose and to put the tissue in a bin. Show them how to cough into their elbow if they need to and do not have a tissue to hand. (Click for link)

**Social distancing!** Measure out 2 metres and show your child what that looks like. They may not always be able to keep that distance but an awareness of what it looks like will help us and them to stay safe.

**Play safe!** Explain to your child that they will not be able to touch, hug or play close to other children. They may not be able to play on equipment or with some toys until we can clean them - so they will need to be patient and take turns.

**Listen and learn!** Your child needs to be able to concentrate. Limit the amount of screen time your child has; they will need to re-learn how to be in a class with other children and to listen to the teacher. Read with them every day, tell them stories and ask them to listen all the way through before you discuss what you have read. With older children, get them to read to you and to explain what the text means and what they think about it.

**Be independent!** Children will not be able to work with a partner or in groups like they often do, and teachers will not be able to sit alongside children to help them with their work. Talk to your child about 'having a go' and not becoming upset if they are finding something difficult. Tell them that they can put their hand up to ask for help, but remember, this help will be given from a distance.

**Be brave!** Be honest with your child. Tell them about the changes you know about. It is going to be different at school, but only because of the virus and we just want to be safe. Remember the first Russell Right is the right to be safe. Tell them, everyone at school is just the same and will look after them. Tell them to ‘use their voice’ and tell a grown-up if they feel sad or worried. Model being brave too. Pretend if you have to as children take their cues from us. If we look/act worried, they will think there is something to worry about and act accordingly.

**Be prepared!** Being calm and organised will help your child feel confident. Read through all the information again and check that you know what to do and when. Prepare as much as you can the night before.

**Be patient!** Everything will take longer than usual, and your child may have to wait in line for lunch, or to be picked up to go home. They may have to follow a one way system in school and life will be very different to before lockdown - they need to follow instructions carefully to keep themselves and others safe.

**Thank you!**