



# Mental Health in Schools Team Parent/Carer Tips For Wellness

## Going back to school

Going back to school can bring up a lot of different feelings. For some young people going back to school is exciting, the thought of seeing friends or getting back into a routine. For others going back can feel scary, the thought of new teachers or subjects, seeing friends or peers or being in a new environment.

### Things to support your young person with when returning to school:

1. **Being prepared** – It can be helpful to encourage them to pack their school bag and get their uniform out the night before school, so that the morning is less rushed.
2. **Getting a good night's sleep** – Doing relaxing activities in the evening, such as having a bath, reading, listening to calming music and avoiding screen time for at least an hour before bed, can help your young person to feel more tired and fall asleep more easily. Setting a bedtime can support them in getting back into a good sleep routine and feel more rested.
3. **Take it one day at a time** – Remember it can take some time to get back into a routine. Lists can help to prioritise tasks and keep on top of homework.
4. **Try to focus on the positives** – Making a note of at least one thing that they liked or enjoyed about their day, every day, can boost their mood. This could be a small thing, such as making a joke with your friend or having something nice to eat for lunch.
5. **Try to form a morning routine** – A regular routine in the morning can help them to feel less rushed and reduce feelings of uncertainty. Try to set a morning alarm for the same time every day.

### What to do if your child is finding change difficult:

- Help them to problem solve.
- Maintain hobbies, favourite family activities and routines to create a safety net if your child is struggling.
- Give them encouragement.
- Encourage them to open up by starting conversations about what they are interested in.



Scan for tips for going back to school



Scan for tips around sleep from the Sleep Charity

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.