

How to help your child mentally cope with a **return to school**

Ways to help your child deal with this change
Like adults, children also find it difficult to manage their mental and emotional health. They too experience stress, anxiety, and depression, but they respond differently. Here are some tips for you to help them.



Understand Their Feelings

Children also feel anxious, restless and nervous. Validate their feelings and share yours as well. Understand the reason behind their emotions so you can address them directly.



Pros Of Returning To School

Remind your child about the fun of going to school. Share how you've enjoyed time with your friends engaging in physical activities. Assure them that school is a place of fun, learning and making new friends.

Be Honest About The Current Situation

Explain in an age-appropriate manner that they are keeping themselves and others healthy by following the schools' safety measures.



Demonstrate Healthy Coping Mechanisms

A safe home environment allows the child to develop healthy coping mechanisms when dealing with school. Show them how this can be done through journaling, talking to someone and leisure activities.

Beware Of Burnout

Due to the lack of educational support during the pandemic, children may feel pressured by the transition. Do not pressure them further, and let them know that their grades do not define them.

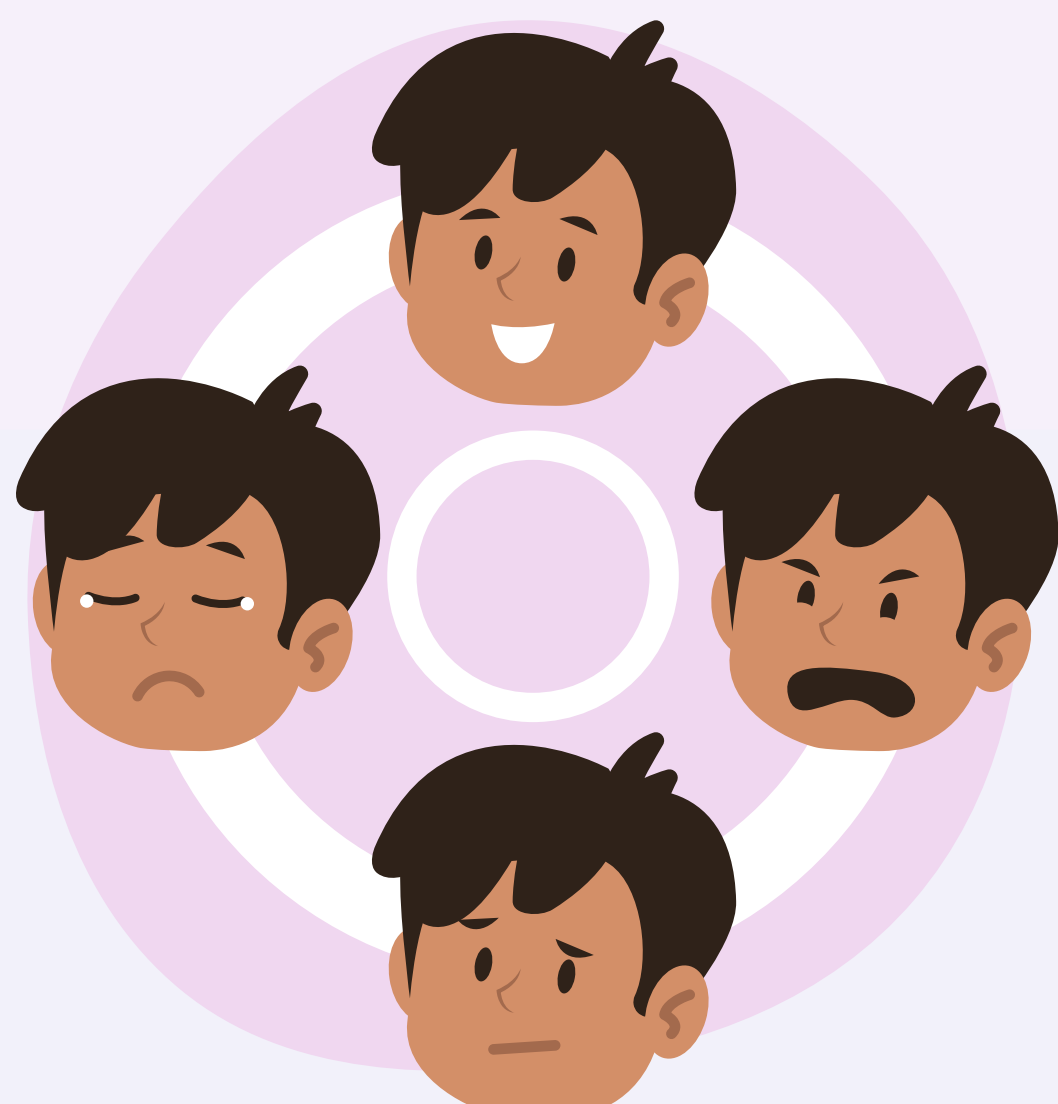


Balance Education And Rest

Help them adjust to the new normal by setting a routine for them to balance rest and education time

Talk To Your Child

Your child should be comfortable talking to you without fearing an adverse reaction. Start conversations surrounding mental health issues early so you can address these issues immediately in the future.



Observe Mood Changes

Verbal and physical cues are a good indicator of their feelings. If your child is sad, angry or in an unusual mood for an extended period this could imply that something is wrong.