

BACK TO SCHOOL START THE CHAT TODAY

Start the chat with your child

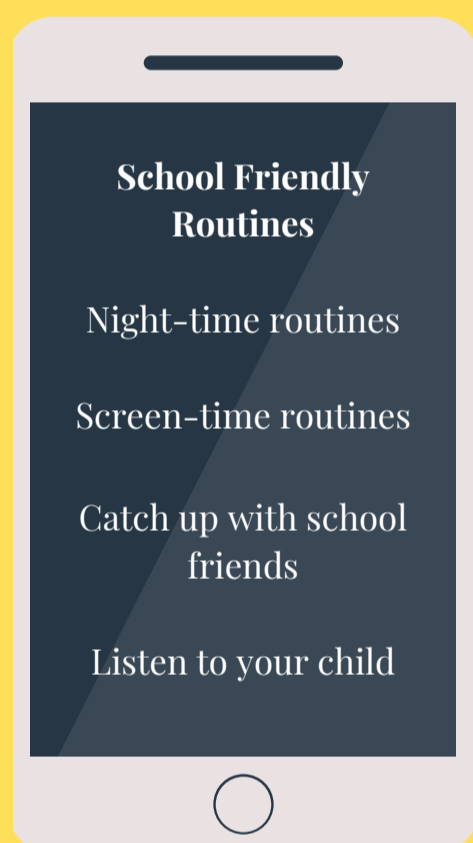
*What do you think about going back to school?
What are your fears and hopes?
Listen and model calmness*

LINKS FOR MORE INFORMATION



[Help with Starting the Chat](#)
[Tips for Returning to School](#)
(Video 8 mins)
[Returning to School](#)
[Factsheet](#)

FROM THE START OF AUGUST



LINKS FOR MORE INFORMATION



[Back to School Bedtime Routines](#)
[Letting Go and Future Plans Activity](#)

MID - AUGUST

- Involve your child in getting ready for school
- Use a calendar to help you plan to get ready
- Get uniforms/stationary/books/lunch boxes etc.
- Walk/drive past or visit school grounds regularly



IF YOUR CHILD NEEDS MORE HELP/ANSWERS

Continue to listen to your child

Keep the chat going

It is important that children are supported to:

- Have adults they can talk to
- Feel safe
- Feel calm
- Feel hopeful
- Feel in control
- Know what the plan is and be involved



Contact your child's school if possible and make them aware of any concerns you may have. If you feel your child requires further supports you can discuss this also with your G.P.

LINKS FOR MORE INFORMATION



[Ideas for 5 minutes of Relaxation Time](#)
[Going Back to School Activity Sheet](#)

ADDITIONAL FAMILY SUPPORT SERVICES IN CO. CLARE

[Your Local Educational Welfare Officer](#)

Clarecare Parent Support Line 065-6828178

Family Resource Centres:

Shannon (061) 707600
West Clare (065) 9052173
North West Clare (065) 7071144
Killaloe/Ballina (061) 374741

ISPCC Clare Support Service

(01) 6767960
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