



THINGS TO HELP YOUR KIDS AT SCHOOL AT THE MO



BACK TO 'NORMAL'

While this can be a worrying time, there are lots of benefits to going back to school. As well as being wonderfully social, being among peers can help normalise our experiences and facing our worries can totally help. Psychologists call this 'exposure' – if we expose ourselves to the things we're frightened of, we become less frightened.

KINDNESS SHINES THROUGH

Kindness is an antidote to worry. Isn't that amazing? When we focus on fear, we tend to be driven by worries (hence all the toilet paper buying!). Focusing on kindness shifts our thinking to others – helping us act in caring ways, notice similarities and look for the good, all of which boost our wellbeing!

IF YOUR CHILD IS SUPER WORRIED:

- Try not to over-reassure, as they'll think there really is something to worry about.
- Think about your emotions too – see our 'All eyes are on you' note!
- Head to Worries 101 and learn some strategies to help.

TEACHERS ARE AWESOME

Teachers are cool – and are awesome supports for tamariki. Teachers know there'll be lots of different emotions in a room, and that kids might range from fine, right through to super scared. They will respond with aroha and empathy.

ALL EYES ARE ON YOU!!

Your kids will be watching you bloomin' closely right now. If you're displaying worry, they'll be worried too. Sometimes we just have to pretend to be brave or calm, for them. A good mantra is: If I'm okay, then they're okay, even if I have to pretend sometimes.

Finally, keep talking (gently) about all the cool things about being at school. If we show we're okay with this and highlight the positives, we can help them to see these too.