

Simple tips to help children who might be a little nervous
in their first week back.

The Hug Button

Draw a little heart on your hand and one on theirs, which they can press to send you a hug if they are missing you. Let them know that you will press your hug button if you are missing them. When you are drawing the little heart on their hand, you can also add a spray of your perfume or aftershave to their wrist as another little connection to you.

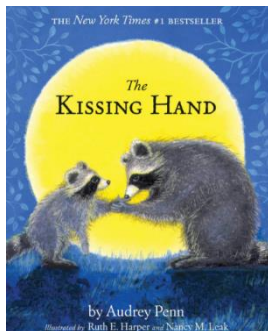
Pebble in my Pocket

Find two similar pebbles. Keep one in your pocket and they keep the other in their pocket. Any time they feel a little nervous or are missing you, they give their pebble a little squeeze. It is a very concrete reminder of their connection to you.

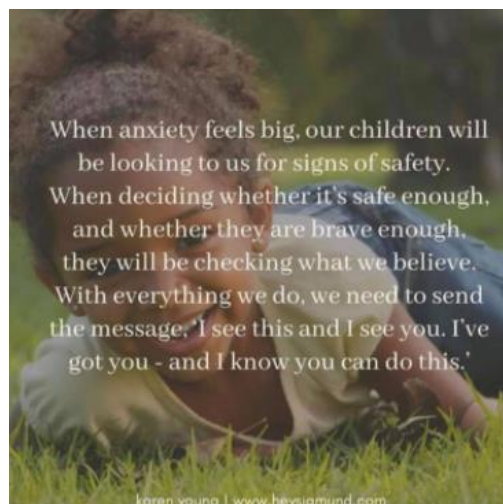
Worries in my pocket

Talk to your child about any worries they may have and write them down on pieces of paper. Then you put the pieces of paper in your pocket and tell the children you will carry the worries for them for the day, so they don't have to carry them along. This can help to ease their worries.

Research tells us that the most important thing for children during difficult times is having 'one good adult' in their lives. Someone they can rely on to be a calm reassuring presence. This is a very strong protective factor for our children's wellbeing. So keep that in mind, your connection with your child is the most important support you can give!



Two books which can help children with separation anxiety.



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