



# Transitions: During and beyond lockdown

We know parents and carers are worried about the current uncertainties... children's education, the effect of missing school and ultimately the return back to 'normal' life.

We don't know when lockdown will end, but there are things you can put into place to help now and in the future.

In this guide you will find useful information and techniques to help support with worries around school such as:

- The thought of returning to school after a long time at home
- Returning to the same school, where there have been difficulties
- Worries about going to a new school or a different year group.

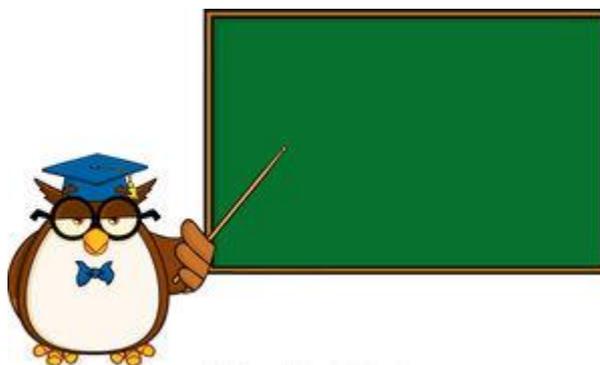
**More than anything, let's be mindful of the here and now.**

## Homeschooling

As parents and carers, we have taken on the role of teachers, yet we can't provide the activities and lessons that a schools does.

If this is causing you worry, especially as the weeks go on, speak to your school. They will have been planning regular activities for your child to do.

Some schools are providing exercise books and other additional support to help promote your children's education & wellbeing needs.



## Hints & Tips for Organising the day

As we said before, try not to get caught up worrying about trying to provide a full routine for your child like they had at school.

However, be aware that children feel more comfortable and do learn better with a structured routine to the day. You may have had a look at doing a loosely laid plan for your children or decided for them to learn through play and just being at home.

Here are a few ideas which may help give you more structure to the day.

### 1. Promote personal hygiene



Get up and go to bed at the same time each day remember to get dressed, clean teeth, and brush hair.

When we have poor emotional wellbeing, these can be the first things that are effected.

### 2. Healthy Eating



Have a well-balanced diet supported by regular healthy meals.

You might not be used to eating all three meals at home, so plan your meals. It's easy to snack on junk food so planning should help.

### 3. Regular breaks and active time.



Children & young people are used to regular play at lunch and break times, so make sure you factor these in.

Some physical activity resources can be found here:

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education#pe-and-physical-activity-primary>

#### 4. Set Timers



Use Alexa (if you have one) to do it for you, or reminders on your phone. Even a kitchen timer will do!

Children respond well to knowing what time they have to complete tasks, and this will help you structure the day.

#### 5. Bring numbers in where you can



Practise counting numbers. This does not always have to be a planned activity! Count things around the house while you are doing other things like cooking or cleaning.

For older children, speak to your school for a recommended list of resources to help with maths.

#### 6. Promote meaningful activities



Baking together, tend to the garden if you can.

Is there anything you did with your parents that you can try?

#### 7. Read together!



Either books your school has sent home – a lot of schools have access to apps with electronic versions of books.

Ask your child to tell you what has happened in the story so far.

Try *Libraries Connected*:

<https://www.librariesconnected.org.uk/page/librariesfromhome>

## Encouragements Works!

Words of encouragement and helpful phrases will motivate, uplift and empower your child. It is so important to give them positive feedback when they have done something well.

By simply being there and making yourself available to your child, you can boost their feel good factors, having a positive effect on their wellbeing.

Sit with them as they work, and praise or reward them when they do well.

For ideas of positive things to say, visit:

<https://bouncebackparenting.com/64-encouraging-things-to-say-to-kids/>



## Digital devices: Dos & Don'ts

Your child's school may set them work that can be done on a digital device such as a laptop, desktop, tablet or smartphone.

### Do...

Set age-appropriate parental controls on any devices your child is using and supervise their use of websites and apps.



### Do...

Encourage children to write by hand.

This could be a diary entry, a summary of things they have learned about or a 'to do' list.

### Do...

Talk to your child about online safety

Look at these sites for info:

<https://www.thinkuknow.co.uk/parents/>

<https://www.vodafone.co.uk/mobile/digital-parenting>

### Do...

Try and find ways to limit screen time where possible.

### Do...

Try to help children continue to practise their writing.

This may include the formation of letters and familiarity with pens and pencils for younger children, or practising creative writing for older ones.

### Don't...

Use digital devices just before bed – put these away an hour before.

### Don't...

Forget that children and young people learn by example – be prepared to look at your own digital usage!

## Transitioning to secondary school

If your child is preparing for secondary school this can be a good time for them to follow their own interests or do something creative!

We have included some possible places your young person can explore online – see the next section!



## Your school should still be able to support your child with this transition

Remember to ask your school about how you can help your child prepare for moving up to secondary school. Gain the necessary contact details of any support groups like Student Support Services for young people or older ones.

## Online information

There are some great information and resources for parents and carers as well as young people about the transition to secondary school.

Have a look at these...

- <https://www.mentalhealth.org.uk/learning-disabilities/our-work/employment-education/moving-on-to-secondary-school>
- <https://www.theguardian.com/education/2010/aug/31/secondary-school-tips-parents>
- <https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>
- <https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/>

## Learning resources

Children should continue doing any work set for them by their school as independently as they can, and part of that could be exploring some of the following:

### BBC Bitesize

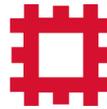
<https://www.bbc.co.uk/bitesize>



New daily lessons – speak to your child's teacher to see if they are aware of any that fit with the home learning that has been sent.

### English Heritage

<https://www.englishheritage.org.uk/members-area/kids/>



ENGLISH  
HERITAGE

A kids section to support learning about England's history.

### National Geographic Kids

<https://www.natgeokids.com/uk/teacher-category/geography/>



A wealth of resources to educate kids about geography and the world.

### Tate Kids

<https://www.tate.org.uk/kids>



Lots of art activities for kids to boost creativity!

Lots of other museums, art galleries and other public spaces all over the world have made free online virtual tours. Join your kids and immerse yourselves in some global culture from the comfort of your own home!

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

## Mindfulness Relaxation & Meditation techniques



There are many useful apps and websites which have mindfulness, relaxation or meditations resources on.

With all the information available, finding an age-appropriate app or technique might seem like a long process. However, the long-term benefits when you do will make it worthwhile.

Positive outcomes for both you and your young person can include:

- Lowering heart rate & blood pressure;
- Bodily regulation;
- Emotional balance;
- Reducing muscle tension

... and there are many more.

## Some suggestions for where to start...

- Use the grounding technique in the image above or look at information on the NHS website: <https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>
- Look at the PeskyGNATS website - <https://www.peskygnats.com/>
- Books on mindfulness – some suggestions pictured below! (please note these are just suggested starting points – we are not endorsing in any way!)

