



## Returning to my Childminder, Nursery or School

## Self-confidence and Emotional Well-being

Children's emotional well-being is just as important as their physical health. Returning to a childminder, nursery or school after a long period of time, may cause some children to feel apprehensive or anxious. Children may need support to help them manage a positive transition. "Happy Minds makes Happy Learning". We want our children to feel confident about returning to their setting. When a child feels confident they are more willing to try new things and overcome challenges.

### How you can help

- Talk to your child about returning to their setting in a positive and exciting way. Help them to express how they are feeling in a way that they can understand. Acknowledge their feelings, reassure them it's ok to feel this way.
- Try to start a school routine a few weeks before, (discuss it with your child) e.g. establish a good sleep / bedtime and morning routine. You could make a visual timetable together.
- Share books about going to school, childminder or nursery. A lovely book about separation anxiety is 'The Invisible String' by Patrice Karst
- Teach them some simple breathing techniques e.g. gently blowing a feather from one hand to the other, blowing bubbles or belly breathing.
- Make a calm box. Contents might include a snow globe, favourite soft toy, book or audio books, stress ball, fidget toy, puzzles, colouring book, note book and pencil. Sit with them and explore their calm box together.
- Practice positive self-talk – try saying a positive affirmation with each other every day. A lovely book to help start practising affirmations is, 'Tomorrow I'll Be Brave' by Jessica Hische
- Together look at photographs of their childminder or nursery/school and staff. Talk about them positively, about the fun they had, or will have there. You might find photos on the website or you could take a drive or walk past the building to remind your child what it looks like.