



## Having the chats (Talking to your child)

- Make time to talk with your child. What do they think about going back to school?
- Discuss about their hopes, fears and worries about returning to school. Acknowledge that they've lived through a lot of uncertainty. Remind them of times they have overcome challenges in the past.
- Explain that school is going to be different and be understanding of their fears
- Be calm. Your child will take their lead from you and be reassured if you are steady and matter of fact.
- It's ok not to not have all the answers. In fact, it's better not to present you know. It's possible that after school returns we may return to lockdown, then back again. This could go on for a while.



We know there are loads of online resources to help you support your child as they start back in school. The problem is finding the time to search for them! To help you, we have collected as many of the high quality resources that would could find and put them in one place – you can find them [here](#).



If you think you need additional help in supporting your child return to school, you can find a full list of Limerick-based parenting and family support organisations by clicking [here](#).