

Managing your child's anxiety

- Your child has not been in school since mid-March. They may be anxious about returning to the classroom. It has been a strange year and their imagination may run away with them at times.
- Listen to your child. Hear what their concerns are. Acknowledge their feelings and let them know that you know it is tough for them
- Think about the things you admire about your child, and tell them – focus on the positive rather than imagining what can go wrong.
- Encourage your child to connect with friends before they return to the classroom.



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](#).