



SUPPORTING YOUR CHILD'S EMOTIONAL WELL-BEING WHEN RETURNING BACK TO SCHOOL

Please find a selection of resources to help support your child's emotional well-being when returning back to school.

- [Nip in the Bud | Tips for Returning to School](#)
- [Mental Health Foundation | Tips for Parents and Caregivers](#)
- [YoungMinds | Supporting a Child Returning to School After Lockdown](#)
- [YoungMinds | What to Do if Your Child Is Anxious About Going Back to School](#)
- [NHS | Transition Back to School Following COVID-19](#)
- [NHS | Returning to School After Lockdown](#)
- [Nip in the Bud | Supporting Children Returning to School After the Lockdown](#)
- [Heads Together | 10 Tips for Talking \(Prep\)](#)
- [Heads Together | 10 Tips for Talking \(Senior\)](#)
- [Anna Freud Centre | 8 Ways Parents and Carers can Help Children Manage the Transition Back to Nursery](#)