

What You Might See

- Trouble falling asleep & waking up throughout the night
- Complaints of a tummy ache
- Not wanting to go to school
- Changes in friendships, interest/hobbies, and even in their appetite

What You Can Do

- Check in with your child – spend quality time with them, ask them how they are doing.
- Stick to a routine – help your children wake up at the same time on weekdays, try to get them to school everyday (even if they don't want to), turn off screen time 1 hour before bed, help them go to bed on time.
- Teach them coping skills – deep breathing, telling themselves they are brave, getting some regular exercise.

Families have had to deal with a lot of changes during 2020-2021 which has resulted in our children needing different things from the grown-ups in their lives.



Longview School
September 2021