

# Is your child finding the back to school routine difficult?

## Are they...?

- Displaying different behaviours and emotions
- Bad-tempered and irritable
- Struggling with their sleep
- Sluggish and unmotivated
- Tearful
- Moody
- Skipping meals
- Worried or nervous
- Exhausted, fatigued, or just tired



It's important that you and your child know that changing routines in the current circumstances can be normal and new routines can be formed.

## TOP TIPS

- Setting an alarm in the morning will help add structure to the day.
- Eating breakfast will give your child an energetic boost to start their day.
- Get some fresh air, even if this is having meals outside or going for a walk.
- Cook together, you could stock up the freezer by cooking in bulk.
- Be creative and make a rota to show your child their daily routine.
- Make a reward chart to show progress and rewards for daily achievements.
- Call family and friends, communicating with others helps you stay connected and less lonely.
- Have a consistent bedtime, a good night's sleep is important. Send your child to bed 15 minutes early so they can unwind and relax before going to sleep.
- Reduce your child's time on devices to relax their minds.
- Take some time out for yourself to relax, you are important too.
- Don't pressure or judge yourself if things aren't going according to plan, you are trying to do your best.

If you need help for your emotional wellbeing and mental health,  
the NHS Calderdale CCG website offers tips, information and guidance:

<https://www.calderdaleccg.nhs.uk/wellbeing/>

For more tips, information & support go to  
[www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)