



Preparing for school Safety / Psychological preparation:

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How do we prepare our children psychologically to return to school?

Back to school is not just about bags and books...

It is an important psychological and emotional preparation for your child to start his new year with confidence and comfort.!

Psychological support is important to help your child adapt quickly and feel safe.

1. Parents' energy = child's energy

- The child gets his feelings from his parents! If you were nervous or upset about the end of your vacation, he'll probably feel the same way!
- Stay calm and enthusiastic, and share positive things about school with your child..

2. Let him have a role in the preparation:

- Let your child choose his own school supplies (bag, pens, files....)
This enhances his sense of responsibility and enthusiasm for using his items..
 - Create a comfortable study corner at home.:
 - o Tidy office
 - o Organized files for each subject
 - o A place with good lighting
- Prepare a list of things to do the night before (pencil case, books, water...) to avoid stress in the morning.

3. Is the school new?

- Take him for a quick tour before the first day, it makes the place feel less strange and more familiar..
- Talk to him positively about:
 - o His return to his friends
 - o Meet his beloved teachers
 - o Meet new friends

4. Reducing separation anxiety:

Especially for young children:

- It is normal for them to cry or become attached to their parents.
- Instead of getting angry, we reassure them and contain them with words and tenderness.
- Read them stories about school in a fun way.
- Explain to them that school is a safe and fun place.

Practical tips:

- Give him something he likes to take with him(Mini-game/medal)
 - Can you write a sticker "I am brave"?"And you have the same sticker on your hand so he feels that you are connected
 - Reassure your child that you will miss him and think about him throughout the day.
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5. Listen to his feelings:

- If he expresses fear or describes things as "strange" or unrealistic, don't brush him off..
 - Listen to him, reassure him, and explain that anxiety and fear are normal feelings..
 - Teach him that there are always teachers he can turn to if he needs anything..
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6. After school... No home work without fun time!

- Set aside time after school to rest and play before starting to study..
 - Children need time to disconnect from the pressures of the school day, so they can start their homework with positive energy..
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A final message to mothers and fathers:

You are your child's first support, and his enthusiasm for school starts with your enthusiasm.!

Contain his feelings, share his preparations, and be a source of security and reassurance for him.

فقيه.

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