

10 TIPS TO GO TO SCHOOL

ENCOURAGING YOUR KIDS

TO GO TO SCHOOL

TIP # 1

Remind your child and encourage them to have fun at school and participate in activities. It's OK to laugh, run around and not thinking of you.

TIP # 2

Remind them of what they can do if they are feeling overwhelmed. Go through the plans you have made with the school.

TIP # 3

Let them pick an object (not too small as they don't want to lose it) that they can carry in their pocket or bag so it can remind them of you.

TIP # 4

Get them to write a journal of their feelings, or a worry box when they arrive at school.

TIP # 5

Ask your child's teacher if they can create a morning job for your child, for example sharpening pencils. It helps them focus on something other than you dropping them off.

TIP # 7

The night before a school day, write down (or draw pictures if they can't read yet) showing what the next day will look like. For example, 7am breakfast; 8am Dad takes you to school.

TIP # 6

Remind them that they can get in touch with you, (or their other parent/loved one) during the day if they really need to. Remember to put this in place with the school and let them know when there are times this cannot be done, for example, during radiotherapy treatment.

TIP # 8

Create a weekly or monthly timetable with your child. Add their school activities, homework deadlines, school holidays, your medical appointments, the changes in home life, etc. Your child will feel more in control and more able to manage and organise their own life.

TIP # 9

Take time to discuss your child's friendships. Some friends will not know what to say, or think it is rude to ask questions so it may seem that they do not care anymore. Explain that their friends are not facing the same situation, so it may be hard for them to relate.

TIP #10

Create a list of the people that love them and want to look after them. Write down their names and phone numbers and tuck it away in their pocket.