

## WHAT MIGHT OUR CHILDREN BE WORRIED ABOUT?

It is important to stress that every individual is different and will have been affected by the Covid-19 pandemic in different ways. Broadly speaking, children and young people's anxieties will fall under the 3 categories below;

### School-based Factors;

Examples;

- \* Anxiety around new expectations and procedures in school post Covid-19.
- \* Moving into a new classroom, teacher, peer group

### Home and Family Factors

Examples;

- \* A traumatic event (e.g. loss of family member, family member being very unwell, hospitalisation)
- \* High levels of financial family stress

### Children and Young Person Factors

Examples

- \* Fear of being away from the protection of parents
- \* Loss of confidence in learning
- \* Preference to a new routine established during lockdown
- \* Uncertainty about the future

It is really important that we are able to have conversations with children and young people to find out how they are feeling about returning to school and what we, as parents, need to do to support them in transitioning back into education and meeting their potential.

## Useful contacts / Further information

Promoting Children and Young people's emotional health and well-being

Young Minds  
([www.youngminds.org.uk](http://www.youngminds.org.uk))

Mentally Healthy Schools  
([www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk))

Ann Feud  
([www.annafreud.org/what-we-do/schools-in-mind/](http://www.annafreud.org/what-we-do/schools-in-mind/))

Minded ([www.minded.org.uk](http://www.minded.org.uk))

NCB.org

## Contact Information

Education Support, Behaviour & Attendance Service (ESBAS)

Email: [esbas@eastsussex.gov.uk](mailto:esbas@eastsussex.gov.uk)

Phone: 01273 336880

# Helping your Child Return to School

## Promoting School Attendance post Covid-19



## Guidance for Parents



