

Useful Links:

[Www.stepup.ie](http://www.stepup.ie)

[Www.education.ie/en/covid-19`](http://www.education.ie/en/covid-19)

[Www.tusla.ie](http://www.tusla.ie)

[Www.curraghfrc.ie](http://www.curraghfrc.ie)

Family Support Hotline Service

Monday & Thursdays
11.00am-2.30pm

If you have concerns, need advice, or have questions about your child/family,
contact and speak to Rebecca, our Family Support Worker.

Remember, during this time no question is too big or small.

You can contact Rebecca through text message, phone call or whats-app 0860238143

or

Email; familysupport@curraghfrc.ie

TUSLA An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



*Preparing your child
for the return to school*



Prepared by Curragh Family Resource Centre

THINGS TO LOOK FORWARD TO.....

What part of school have you missed the most?

What games do you like to play?

Things that make you smile?

Questions you would like to ask your teacher?

What is your favourite subject in school?

Activities you cannot wait to do?

USE THIS SPACE TO DRAW YOURSELF GOING BACK TO SCHOOL.....

Preparing your child for the first day back in school....

BE POSITIVE....

Remind them of all the positive things that are happening. Ask them to share some of their experiences.

BE CURIOUS....

Listen, try not to dismiss or minimise your child's feelings or thoughts but validate how they are feeling. "I can completely understand why you are feeling like that".

BE SUPPORTIVE....

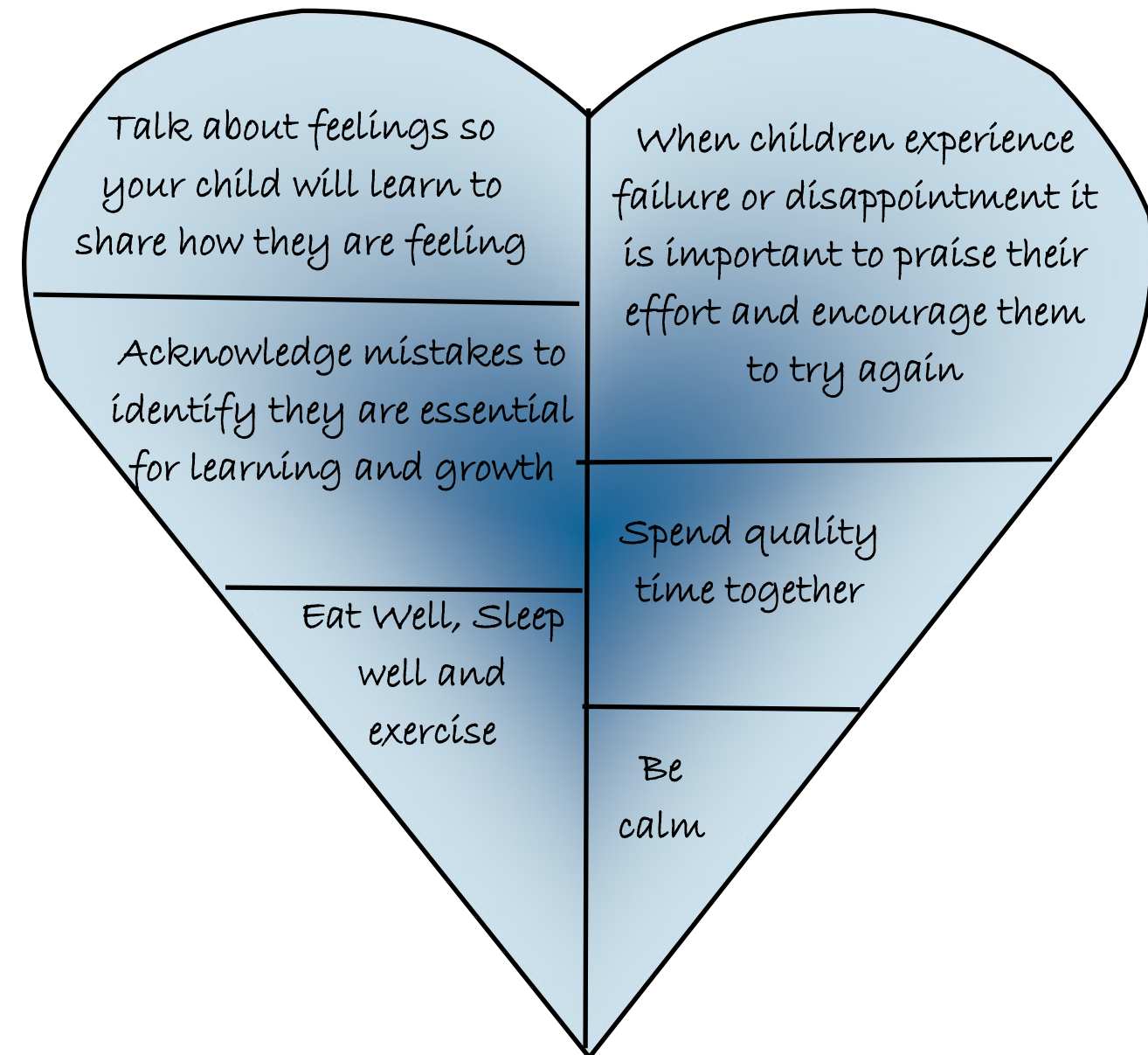
Children may become tearful, clingy or experience separation anxiety. It is important to acknowledge how they are feeling. Reassure them you will miss them too while engaging in the positive aspects of the day. You could draw a love heart on their wrist and tell them to press on it during the day you can call it a hug button.

BE THANKFUL....

Help your child think of things they are looking forward to.

BE PREPARED...

Support your child to any changes that may have happened in their classroom. Rehearse and practice your 'goodbye' routine and 'hello' for them to look forward to.



BUILDING EMOTIONAL RESILIENCE

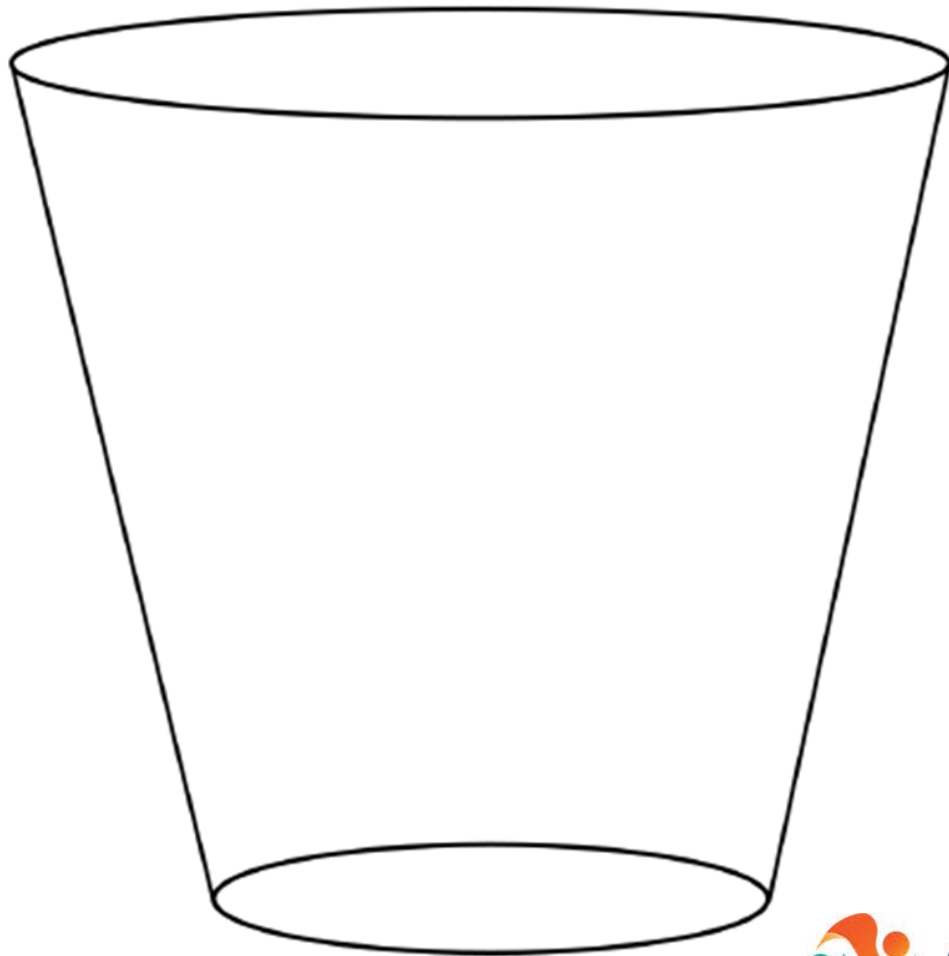
MY CUP-O-FEELINGS

Color inside this cup to show how much of each emotion you're feeling right now!

Use the blank spaces to pick other colors and feelings that you'd like.

YELLOW = Happy RED = Angry PINK = Hopeful PURPLE = Scared

ORANGE - Nervous GREEN - Excited BLUE - Sad BROWN - Surprised



Before School Checklist



Use this checklist to keep track of all the things you need to do before you head to school!

M T W Th F

Wake up on time!

Get up at a time that gives you enough time to get ready without having to rush out the door. If you feel like you're not getting enough rest, try going to sleep earlier!

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Prepare for your day!

Think about your schedule for today. Do you have any tests? Is there something happening after school? Knowing what to expect can help your day go smoothly!

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Get clean and dressed!

This includes taking care of your hygiene. Shower, brush your teeth, comb your hair, and make sure that your clothes are neat.

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Eat breakfast!

Eating breakfast helps keep you energized during the day. Eat something that will keep you full until lunchtime!

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Morning Chores!

Are there any chores that you are responsible for in the morning? This might include making your bed, feeding your pet, or cleaning up your room.

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Pack up!

Before you leave the house, you want to make sure that you have everything packed that you'll need for school.

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Leave on time!

Having to rush out the door is stressful! Give yourself enough time to make it to the bus stop or to get dropped off without being late.

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