

A Parent Guide to Transitioning between COVID-19 Alert Levels and Reintegrating into School

Anticipating Change

In our last update we likened this season to learning to drive a manual car. Now that a date is confirmed for a return to school, it is like we have a driving test just around the corner. Anticipation is heightened as the test draws near and it can be tempting to second guess the skills learned and strengths developed to pass the test successfully. Now more than ever it is a time to **accentuate the positive** highlighting the perseverance, resilience and courage shown during the 'learning to drive' phase. It is also time to encourage **opportunities for increased social connection**, instilling confidence and connection as our learner drivers prepare to 'go-it-alone' in front of the driving instructor.

As well as this, this stage is also a time to:

Be Kind to yourself and encourage others to do the same. Around the dinner table, take time to acknowledge 3 things that you are doing well and 3 things that are going well. Try saying to yourself "I'm doing the best that I can do, in my circumstances, with the resources available to me."

Have **Regular Injections of Fun**. It's been said that when life gives you a rainy day, you should play in the puddles. Laughter can bring a much needed, temporary respite from the pressures of life. Give yourself permission to laugh. Prioritise fun within the family.

Being **kind to yourself** and having some **fun** will set everyone at ease and create a positive atmosphere from which a successful and enjoyable return to school can ultimately be grounded. And, just like any learner driver, the ability to accentuate the positive and be kind to oneself, helps us ride through the off-days when clutch seems sticky and everyone else seems to be driving just a little too fast!