

# “Resuming Vibrant Life @School”

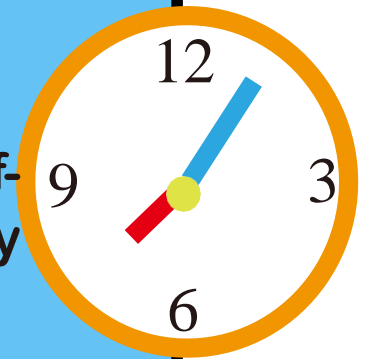
## Parents’ Guide

**6** Tips for helping children get used to whole-day face-to-face classes

### Let your child know in advance and get them prepared

1

- reset your child’s biological clock in advance (e.g. shortening or adjusting their nap time)
- build up your child’s self-care and self-management skills in daily life and gradually reduce the amount of help given to them
- give your child a heads-up on whole-day face-to-face classes and run through the schedules and arrangements with them at home



### Encourage your child to socialise and build rapport

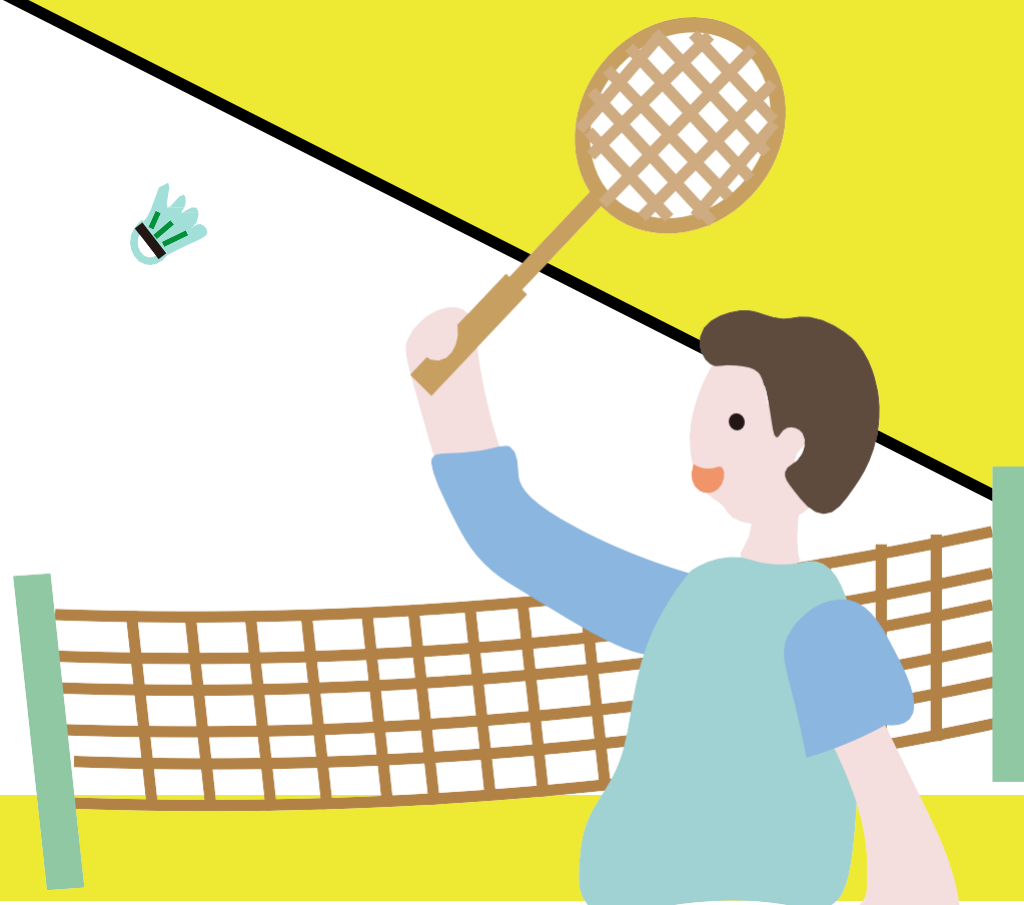
2

- be understanding of your child’s feelings as young children may feel anxious about being separated from their families or staying in school for longer hour
- advise your child to try different ways to expand their social circle
- discuss with your child who they can turn to for help at school (e.g. a teacher or guidance personnel they trust)

### Help your child manage time and make time to relax

3

- discuss with your child how to manage their time effectively, such as prioritising tasks and making trade-offs
- have your child make time in their daily routine to rest and relax
- help your child create a relaxing and calming routine (e.g. daily stretching and playing board games)





More information

## Community Resources and Helplines

Do

You look a bit worried, can you tell me more about what's bothering you?

### Show that you care and listen

6

- show your care and encourage your child to share their feelings
- set aside some talking time with your child every day; do not dismiss their emotions or take their anxiety lightly
- if your child experiences persistent or excessive anxiety, seek professional help



### Give recognition to build your child's confidence

5

- help your child appreciate their own strengths and remind them of their past successes, so that they can have the confidence to take on new challenges

How did you manage to solve that problem last time?

Don't

What's there to worry about?

### Talk through problems and find solutions with your child

4

- discuss with your child what causes their stress and work out feasible solutions
- set small goals with your child, break down their assignments into small tasks and finish them together

You find your homework very difficult, right? Let's figure out how to get it done!

