

Back to school worries?



As we adjust to the changes of Alert Level 2 many of us will be feeling a range of different emotions right now. Many elders, parents and children may be worried or anxious as we prepare for children to return to school. This is normal and understandable.

There are some helpful things we can do if we are feeling overwhelmed with worry.



Check out some common worries that our Pasifika families may be experiencing and some tips on how to work through your anxiety and prepare for your children's return to school.

Acknowledge and accept

- ✗ It's okay to feel worried right now. Accept that it's normal. And keep moving forward doing the best you can.

Keep things in perspective

- ✗ There are safety measures in place to reduce the spread of the virus.
- ✗ You don't need to solve all your worries at once. Just focus on one thing at a time.

Take deep breaths

- ✗ Take a moment and breathe to relax your body.

Role model calm

- ✗ Children will follow your lead. When you are calm, they will learn to be calm also.

Talanoa and connect

- ✗ Listen and allow all family members to express their worries. Find solutions as a family.
- ✗ Connect in spiritually to find a sense of peace.

Plan ahead - Preparation is key!

- ✗ Plan together your children's first day back at school. Add in something special like their favourite lunch.
- ✗ Children feel safe when they know what lies ahead. Let your children know about the changes in routines. Go through what this might look like.
- ✗ Talk to your children about the rules of Alert Level 2. Plan together how to keep up good hygiene practices and physical distancing.
- ✗ Talk to your school to understand their safety processes and guidelines. Work together with your school to ensure that your children will be as safe as possible.
- ✗ Check in with your children/family members to see how they are feeling. They may need reassurance, a hug, or just a nice distraction from their own feelings.

Check out our [Mental Wealth Resource on Anxiety](#) for more information

Worries ...

Our Elders

"Our health issues are an added stress for the family"

"I might catch Covid-19"

"Are our grandchildren going to be safe?"

Our Parents

"My children might catch Covid-19"

"Will my kids be safe using public transport?"

"Are safety guidelines at school enough?"

"Are my children going to cope alright?"

Our Children

"I'm worried about adjusting back to a school routine"

"I'll have to start all over again e.g. making new friends, rekindling friendships"

"Are safety guidelines at school enough?"

"I might catch Covid-19"

"I won't be able to catch up on schoolwork"



/LeVaPasifika