

# Top Tips

## For Parents And Guardians As Schools Re-Open To More Children

### Reach Out To Your Child's School

Don't be afraid to ask your school questions about any worries you may have about how your school is managing their day-to-day routines, so that they can better support you and your child(ren).

*Our research suggests that parents and guardians feel very differently about the imminent return to school, but all parents that took part in this study felt that good communication links between the home and school were key to helping families settle into new and changing routines.*



### Different Lockdown Experiences

Understand that not all families will have experienced homeschooling and the lockdown in the same way.

As schools re-open people will react and feel very differently about 'getting back

to some form of normality'. It is normal to experience some worries about your child(ren) going back to school, so seek support from your school to ease any concerns you may feel.

*Our research has shown that each and every family member will have had a very different and unique experience regarding the Covid-19 pandemic and homeschooling.*



### Keep Talking To Your Children



Keep talking to your child(ren) and acknowledge their feelings to help them feel safe and secure upon their return to school. It is normal for your child(ren) to have some worries about going back

to school and doing school work again. By talking openly with your child(ren) you can help your child(ren) feel better prepared, which in turn will help you as a parent/guardian also feel more at ease.

*Our interview data showed a real mixed picture in terms of how parents felt their child(ren) felt about returning to school, with many brimming with excitement and others feeling not so sure.*

### There Are Positives

Hold on to any positives you and your family experienced during lockdown and think about how to best integrate these into your post lockdown family routines.

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*All parents that took part in the study talked about experiencing ups and downs. With many enjoying watching their child(ren) grow up and engage with nature and others struggling to manage the tensions between homeschooling and working.*



Understanding how parents and guardians have experienced homeschooling during the Covid-19 pandemic is really important so we can better advise professionals and policy makers about parent perspectives and their lived experiences during the pandemic.

For more information about the research 'Homeschooling – a parent/guardians' perspective in the advent of Covid-19' please contact Dr Lisa Russell (Reader in Education at the School of Education and Professional Development at The University of Huddersfield).



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