

Your A.B.C guide

to supporting your child
as they return to school

with

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Hello there! I'm Laura Earnshaw, the founder and creator of myHappyMind.org and author of the best selling book 'My Happy Mind'.

I'm a Mum to 2 and an ex-Corporate HR Executive. I became obsessed with the science of wellbeing and happiness when my first born started school and REALLY struggled...



When no-one seemed to be able to help us (because he didn't need 'clinical' treatment) I dedicated myself to figuring out solutions for myself.

I did a lot of research and a lot of experimentation and found a way through it - **the transformation in my child was INCREDIBLE.**

So, I quit my Corporate career (much to everyone's shock!) to dedicate myself to helping others use the science of happiness and wellbeing to build resilient children with high self-esteem.

We are now positively impacting hundreds of thousands of children through our NHS backed programs in schools, nurseries, and homes and nothing makes me happier than sharing these awesome techniques with people just like you!

My book 'My Happy Mind' was published by Penguin in late 2020, and has gone on to be a bestseller! Pick up a copy to find out all about the science-backed secrets to empower and educate parents - whether your child is struggling already or if you want to future-proof their mental health.



How to get the best out of this guide:

This guide has been designed to be used along side the 3 part video series 'Your ABC Guide to Returning to School', you'll find the videos on both Ladybird and myHappyMind's social media.

For each of the 3 videos we're suggesting some additional activities to really help each stage have the most impact.

Print it out (or type in the boxes) and enjoy!

Laura x

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IS
FOR

ASK your children how they are feeling

We know it's easy to assume how are children are feeling but it is super important to make sure we fully explore their feelings so that we can best support them.

Here are 3 ideas to get the conversation started if you have a reluctant sharer!

1. **Motion releases emotion** - when we move, whether that's walking or swinging on the swings at the park, it helps us to open up and share our feelings. So rather than trying to have the conversation about how they feel about back to school face to face, you can try doing so whilst moving.

2. **Role play** - this can be particularly helpful for younger children. Whether you use Lego figures or plastic animals, it doesn't really matter! But using play to explore feelings via the use of a 3rd party like this really works for some children. You could suggest that the Lego figures are going back to school and ask your child "How do you think they are feeling about that?" as an example. Let your imagination run wild this - you'll be amazed at how much it opens your child's mind too!

3. **Using TV or book characters** to explore emotions. Sometimes our children find it easier to share their emotions by relating to a TV character or a character in a book. If you sense your child is struggling with expressing an emotion - try picking one of their favourite characters and explore how they might feel in this situation.

Notes and reflections...

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B **IS FOR** have a **BALANCED** conversation about returning to school

It is important to remember that while children may be returning to school this may change again if new cases arise or if children are unwell. So, exploring some of these scenarios with your child is super important.

Depending on the age of your child you could try asking them to share 3 different scenarios that might happen when they go back. Then, you can explore how they might feel about those scenarios.

This not only helps them feel in control but also allow them to recognise that things are still not 100% certain.

Again, role play can really help with exploring different scenarios here too.

Notes and reflections...

C IS FOR CONSIDER what they may need

Now that you have developed a strong sense of your child's emotions about returning to school which is fabulous! It is time to think through what they may need to support them through this transition.

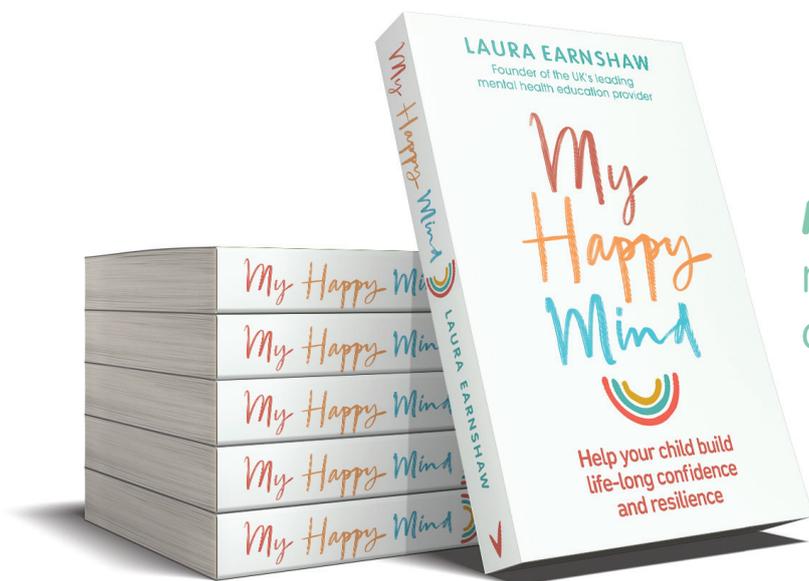
Whether this is routine, contact with the school or just to have some input into their packed lunches (!) every child will have different needs here - the key is to explore them and involve your child in the conversation about them.

So what needs does your child have and how will you meet them? Use the handy template below to plan this out.

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| Need: | I will meet it by: |
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I do hope you've found this series useful, do come and follow me on Instagram [@myhappymind](https://www.instagram.com/myhappymind) for more tips and strategies to support your child.

Laura Earnshaw



My Happy Mind is available now in all good bookshops and online!

Why not share with us at:

