

Be Ready

September Edition

Welcome Back: Be... Ready

As a new school year begins, many children and young people will be feeling a mix of emotions. Some may be excited to see friends, meet new teachers and settle back into familiar routines. Others may feel nervous, worried or overwhelmed about returning to school.

These feelings are completely normal.

The theme of this month's newsletter is Be Ready. Being ready doesn't mean having all the answers or feeling confident all the time. It means taking small steps to help ourselves and our children approach new experiences with confidence, curiosity and support.

The Be You Team 



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Supporting Your Child Through the Transition Back to School



Returning to school after a holiday can be a big adjustment.

Children may be adapting to:

- New classrooms and teachers
- Changes in friendship groups
- Increased academic expectations
- Earlier mornings and structured routines
- Moving to a new school or year group

If your child seems unsettled, remember that adjustment takes time. A little extra patience, reassurance and understanding can make a big difference.



Every Child Adjusts Differently



The start of a new school year often brings change, and every child responds to change in their own way. Some children may settle quickly, while others may need a little more time to feel comfortable with new routines, expectations or relationships.

You might notice your child:

- Talking more about school and new experiences
- Seeking extra reassurance from familiar adults
- Needing more downtime after the school day
- Showing excitement about some aspects of school and uncertainty about others
- Taking time to adjust to new routines

Most children adapt as they become more familiar with their new environment. Gentle encouragement, predictable routines and opportunities for connection can help support this process.





Top Tips for Parents and Carers



Keep Routines Predictable

Consistent bedtimes, morning routines and family time can help children feel safe and secure.

Focus on the Positives

Help your child notice successes, however small. This might be making a new friend, trying something new or simply getting through a challenging day.

Encourage Problem Solving

Support children to think about what might help if they face challenges, building confidence and resilience over time.

Make Time to Connect

Rather than focusing on having the 'right' conversation, focus on creating opportunities for connection. Shared activities, regular routines and simply being present can help children feel safe and supported. Many children will open up when they feel ready, particularly when they know there is no pressure to talk.

Validate Feelings

Rather than trying to immediately fix worries, acknowledge them first. For example: "It sounds like you're feeling nervous about that. Lots of people feel that way when something is new."

Building Resilience Together

Resilience develops when children know there are trusted adults around them and that they can cope with challenges.

You can help by:

Celebrating effort rather than perfection

Encouraging independence where appropriate

Helping children learn from mistakes

Reminding them of times they have overcome difficulties before

Every challenge faced and every success achieved helps build confidence for the future.

Be Ready

Looking After Yourself Too



Supporting children can be rewarding, but it can also be demanding, particularly during periods of change.

Remember to look after your own wellbeing. Whether it's taking a short walk, speaking with a friend, enjoying a hobby or simply finding a few moments for yourself, small acts of self-care matter.

When we look after ourselves, we're often better placed to support the children and young people around us.

Remember

Most children settle back into school routines with time, support and encouragement. If concerns continue, don't hesitate to speak with your child's school. Working together helps ensure every child feels supported, safe and ready to thrive.

Let's all Be Ready for a positive, healthy and successful school year ahead.



Five Ways to Wellbeing for Families

The NHS Five Ways to Wellbeing are simple actions that can help boost wellbeing and resilience for both children and adults.



Be Active

Movement can improve both physical and mental wellbeing.

Try:

- A family walk
- Dancing to a favourite song
- A trip to the park
- Walking or scooting to school where possible

Connect

Strong relationships help us feel supported and valued.

Try:

- Spending time together without distractions
- Sharing a meal as a family
- Checking in with one another at the end of the day
- Arranging play dates or time with friends and family



Keep Learning

Learning new things can build confidence and curiosity.

Try:

- Reading together
- Learning a new skill or hobby
- Trying a new recipe
- Exploring a museum, library or local place of interest

Give

Small acts of kindness can have a positive impact on wellbeing.

Try:

- Helping a neighbour
- Writing a thank you note
- Sharing a compliment
- Doing a kind act for someone at home

Take Notice

Noticing what's happening around us can help us feel grounded and connected.

Try:

- Looking for signs of autumn on a walk
- Talking about something you're grateful for
- Noticing small successes during the week
- Taking a moment to pause and enjoy a favourite activity