

Children are gradually resuming school life after several months of school suspension, which may be a challenge for both parents and children themselves. Upon returning to campus, children may need some time to adjust to the new schedule and new routines (such as having to wear masks at school and sitting in a single row setting, etc.).

Here are some tips for parents:



Prepare for school in advance together with your child, such as checking whether the school uniform is still fit, packing stationeries and books, and so on.



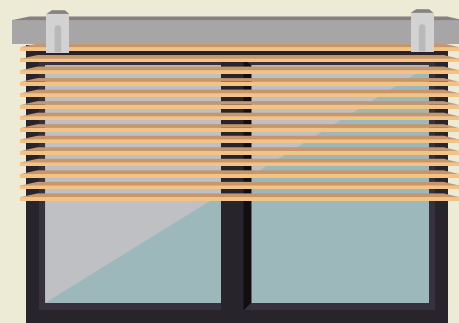
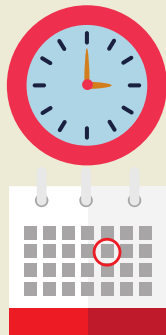
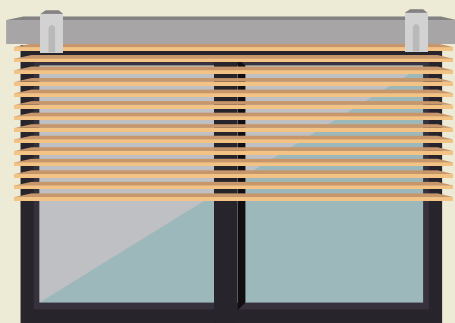
Assist your child to gradually adjust the circadian clock and daily routines one to two weeks prior to class resumption (for example, adjust the sleeping time at night and lunch time to be similar to the school conditions).



Find a time to chat with your child, understand his/ her feelings and thoughts about returning to school, and show him/ her your support. Realizing that the first resumption of classes after an epidemic is also a change for children, such as not being able to play certain games, the possibility that the family members of classmates have been diagnosed, and so on. You can listen to your child's needs and feelings patiently, let him/her know that these feelings are understandable, and help him/ her to face these changes.



Help your child express his/her emotions in a suitable way (e.g., through playing games, writing, painting, etc.).



Be a role model, such as maintaining good hygiene habits, caring for people around you while maintaining appropriate social distance, and so on.



Class resumption can also be a pressure on parents themselves. Thus it is important to take care of your own physical and mental health, such as planning some time to relax and rest, talk to others, and do relaxation exercises. You have to take good care of yourself first before you can take good care of your children. If you want to understand more about your mental health status, welcome to take a three-minute mental health test ([Link](#)).



If you notice that your child's emotional changes last for a period of time (for example, more than a month), and / or seriously affect learning performance or interpersonal relationships, you may have to consider communicating with the school or seeking support from other professionals (such as a psychologist, doctor, etc.).

Scheduling
"Shall We Talk Service"



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Registration Details

Three-Minute
Mental Health Test

中文版



English Version:



Telephone support is provided by clinical psychologists or professionally trained volunteers. All service users' personal information will be kept confidential.



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