

OUR SBC CARE PACK FOR FAMILIES

GOING TO SCHOOL

An electronic version of this card is available on our website



FOR YOU & YOUR YOUNG PERSON

We know that you and your young person will have a range of emotions as they go to school this September. We've put together a pack for you and want to support you as families.

LISTEN AND WATCH

Remember that your young person's behaviour may communicate far more than their words. Try to be patient and hear what they're 'saying' even when they're not sure how to articulate it.

Try to encourage them to name feelings.

Share your feelings.

Talk about examples of feelings in stories or TV shows.



TALK

We've included some prompt questions to help you talk to your child as they go to school.

But remember to talk to others who can support you - your Life Group, other families, your family or your child's Youth leader.

You're not on your own.



PREPARE

How can you break down going to school into stages?

How will you get back into a routine?

When will you sort uniform?

What will you do to mark the end of your time together or to recognise a new year?

There are some suggestions [here](https://www.careforthefamily.org.uk/family-life/parent-support/parenting-additional-challenges/single-parenting/back-to-school):

<https://www.careforthefamily.org.uk/family-life/parent-support/parenting-additional-challenges/single-parenting/back-to-school>



GOD CARES

Even though you won't be with your child as much as you have been, **God is** with them.

Pray & talk honestly to God about how you're both feeling.

Read Bible stories together about change or how God helps and cares for us.

Listen to songs. Sometimes these can help us express how we're feeling or help us to remember God's truth.



GO ONLINE - GET IN TOUCH

There are groups and websites packed with advice and suggestions for families navigating school life.

Some that we recommend are:

Parenting for Faith - <https://parentingforfaith.org>

Care for the Family -

<https://www.careforthefamily.org.uk/family-life/parent-support>



"THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS AND SELF-CONTROL."

GALATIANS 5:22-23

GET IN TOUCH - JOIN OUR SBC KIDS AND YOUTH WORK

sbc.office.2017@gmail.com
<https://www.staplefordbaptist.org>