

Managing separation post lockdown

A quick guide for parents and carers

NHS

South West
Yorkshire Partnership
NHS Foundation Trust

After settling into new daily routines during lockdown, it's normal to feel anxious about leaving your family as you go back to work or as your children return to school. You may ask yourself, is it really safe? How will I cope with the change? How will my children manage? Here are some things to help make the transitions easier.



New routines

Planning routines can help us to feel calmer as we know what's happening and when. Use a diary or calendar to write down all the things that are happening in your week. You can do this individually or together as a family.

Mark:

1. The **times you will all struggle with**, e.g. returning to work, or school

Add in:

1. **Things you can look forward to doing** with each other. Plan in family time, movie nights, trips out, baking etc.
2. **Things you can each do for yourself to feel calmer** e.g. distraction techniques, slow breathing, exercise, art, reading, music, films, fidget toys.

Back to school

Prepare your children for changes:

- Get in **information from school** about what things will be like—share this with your child.
- **Practice the old routine** e.g. waking up at the right time, getting dressed, having breakfast, walking to school.
- **Talk** to your child about going back to school - how do they feel? What are they and aren't they looking forward to?

Online resources:

- [Going back to school](#)
- [Calm Zone](#)
- [Take Time Out](#)
- [What to do if your child is anxious about going back to school?](#)



Home / work

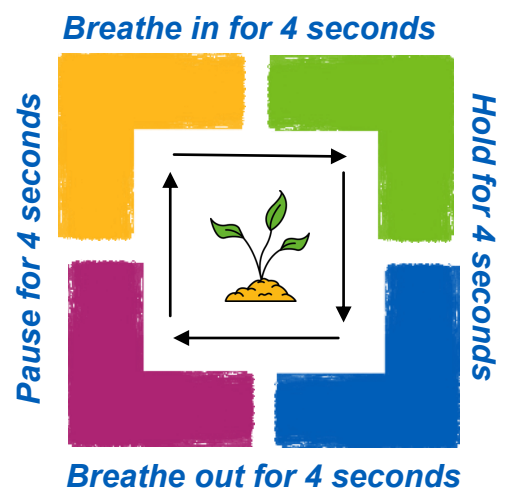
Prepare yourself for being at home without your children or for returning to work:

- Set yourself **manageable goals** each day
- Enjoy your **lunch break** and look after your **health** - exercise and a healthy diet improves mood.
- **Keep in touch** with the people you care about
- Make time for **yourself**
- **Be mindful** - accept that things may feel hard



Online resources:

- [Coping Calendar](#)
- [5 Steps to Mental Wellbeing](#)
- [Staying Well at Work](#)



With **all of us** in mind.