

# Is your child finding the back to school routine difficult?

## Are they...?

- Displaying different behaviours and emotions
- Bad-tempered and irritable
- Struggling with their sleep
- Sluggish and unmotivated
- Tearful
- Moody
- Skipping meals
- Worried or nervous
- Exhausted, fatigued, or just tired



It's important that you and your child know that changing routines in the current circumstances can be normal and new routines can be formed.

## TOP TIPS

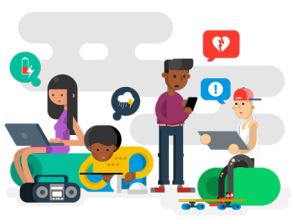
- Setting an alarm in the morning will help add structure to the day.
- Eating breakfast will give your child an energetic boost to start their day.
- Get some fresh air, even if this is having meals outside or going for a walk.
- Cook together, you could stock up the freezer by cooking in bulk.
- Be creative and make a rota to show your child their daily routine.
- Make a reward chart to show progress and rewards for daily achievements.
- Call family and friends, communicating with others helps you stay connected and less lonely.
- Have a consistent bedtime, a good night's sleep is important. Send your child to bed 15 minutes early so they can unwind and relax before going to sleep.
- Reduce your child's time on devices to relax their minds.
- Take some time out for yourself to relax, you are important too.
- Don't pressure or judge yourself if things aren't going according to plan, you are trying to do your best.

If you need help for your emotional wellbeing and mental health,  
the NHS Calderdale CCG website offers tips, information and guidance:

<https://www.calderdaleccg.nhs.uk/wellbeing/>

For more tips, information & support go to  
[www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)

# Emotional Health and Wellbeing Service Offer for Children and Young People in Calderdale



Open Minds website provides advice, information and support on local and national services that help children and young people.

[www.openmindscalderdale.org](http://www.openmindscalderdale.org)

**kooth**



Kooth.com offers safe anonymous online counselling with a qualified professional.

Age range: 10-25years  
Opening times:  
Mon-Fri, 12pm-10pm. Sat-Sun 6pm-10pm  
Contact details: [www.kooth.com](http://www.kooth.com)

**TIMEOUT**  
FIND YOUR THING



Time Out offers the opportunity to 'find your thing', get some simple guidance around emotional wellbeing, managing worries and looking after yourself.

Age range: 10-19 years  
Contact details: 07418 311736 (text for a call back)  
[www.timeoutcalderdale.co.uk](http://www.timeoutcalderdale.co.uk)

**POSITIVE IDENTITIES SERVICE**  
CELEBRATING DIVERSITY WITH PRIDE



Barnardo's Positive Identities Service offers specialist advice and support to those who identify or are questioning their sexual and/or gender identity.

Age range: 8-25 years  
Contact details: 01422 371993 or [PositivIdentities@barnardos.org.uk](mailto:PositivIdentities@barnardos.org.uk)

**Open Minds**  
For Children and Young People in Calderdale



Open Minds (CAMHS) offers specialist help and support around mental health.

Age range: 5-18 years  
Contact details:  
[www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk)

**c&k careers**



C&K Careers offers specialist advice, support and guidance on future career options.

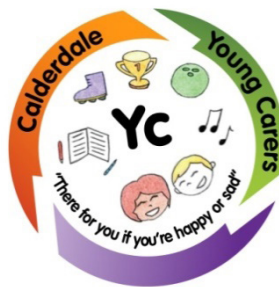
Age range: 13-24 years  
Contact details: 01484 213856 or [chat@ckcareers.org.uk](mailto:chat@ckcareers.org.uk)

**ChatHealth**



ChatHealth offers a confidential and secure text messaging service to discuss physical health and emotional wellbeing.

Contact details: text 07480 635297 or [www.locala.org.uk/chathealth](http://www.locala.org.uk/chathealth)



Calderdale Young Carers Service for advice and support on being a young carer.

Age range: 8-18 years  
Contact details: 01422 261208 or [www.calderdale.gov.uk/y/cs](http://www.calderdale.gov.uk/y/cs)

**Healthy Futures Calderdale**



Healthy Futures Calderdale offers advice and support from public health clinicians on any concerns you have relating to COVID-19, including worries about the return to school.

Contact details: 0303 330 9974

**branching out**  
DRUG AND ALCOHOL SERVICE FOR YOUNG PEOPLE IN CALDERDALE



Branching Out offers specialist advice and support around drugs and alcohol.

Age range: 10-21 years  
Contact details: 01422 415550

**Sexual Health**  
Calderdale & Huddersfield



Sexual Health offers specialist advice and support around sexual health.

Contact details: 01422 261370

**THE BREW PROJECT**  
Building Resilience & Emotional Wellbeing



The BREW Project offers online 1:1 support sessions with a wellbeing officer or a 1:1 walk and talk service.

Age range: 5-17 years  
Contact details: 01422 730015 or [support@invictuswellbeing.com](mailto:support@invictuswellbeing.com)

For more information and support visit [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)