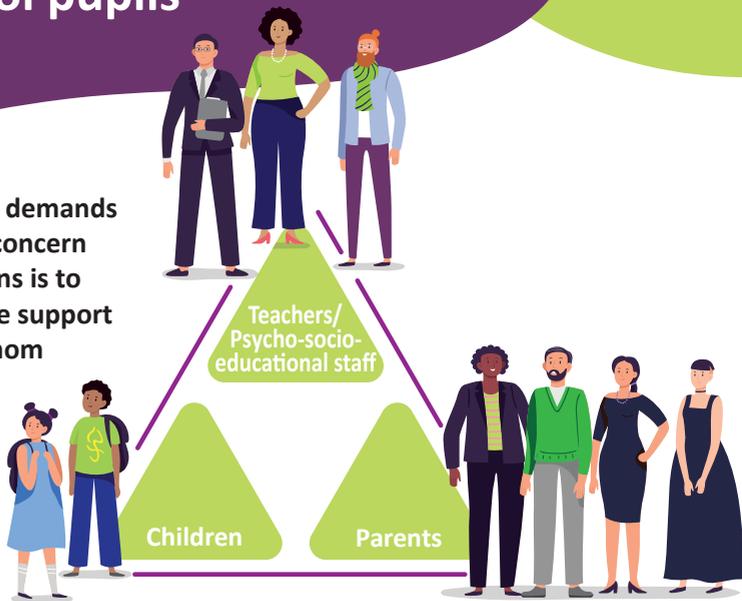


Handbook for parents of primary school pupils

This period of pandemic demands many adaptations. The concern of all parents or guardians is to provide the best possible support for their children, for whom the world has also changed from one day to the next.



Each person plays a crucial role in forming the perfect triangle. The parents' role is essential because it is at home that children will gather the resources they need to face life events such as those they are facing at the moment: regular changes, distance learning, fewer social social contacts, fear of illness and/or school failure, etc.

The teacher remains responsible for keeping the focus on learning, he is the first interlocutor of the child and the parents. As for the psycho-socio-educational staff, they support everyone in their role.



Distance learning. Every parent does their best

To learn and grow at home, our children need guidance and support rather than supervision.



Let's pay attention to :

- ▶ take an important **interest** in their activities and homework
- ▶ help them **organize their time**: time for homework, including breaks, etc. (going out to play), stopping school work at a reasonable time
- ▶ remain aware of their **limits** and contact their **teachers** if they encounter major difficulties
- ▶ encourage them to maintain **social contact** with their peers...
- ▶ encourage them to **express** their feelings and needs
- ▶ maintain **rituals** (schedule for each activity, reading time, etc.)
- ▶ maintain a **healthy diet, adequate sleep** and **leisure time**
- ▶ maintain a **disconnected exchange** time (family meals and expression of any difficulties)



Apart from that, are you all right?

**Let's remain vigilant to the mental health of our children.
Especially if we notice changes in their physical and behavioural health.**

Here are a few signs to which we should remain attentive:

- ▶ inward-looking, sudden isolation
- ▶ loss of interest in what stimulated him/her before, unusual tiredness
- ▶ school fatigue, avoidance of situations such as tests
- ▶ irritability, anger, crying



As parents or guardians, let us also think about our own well-being:

- ▶ be aware of our limits
- ▶ let's arrange a time just for ourselves or as a couple
- ▶ keep in touch with our loved ones



Note that if parents feel good and remain confident, this will have a positive impact on their children's well-being.

For everyone's benefit, let's also plan outdoor and family activities.



There are solutions:

- in the case of teleworking (home office), make sure to separate and explain the time devoted to work and the time devoted to the family
- post a timetable for the child and/or family
- seek dialogue, share experiences, fears but also successes
- don't hesitate to contact the teacher if you need tutoring or other assistance
- if there are signs of discomfort, contact specialized services

Useful contacts:

Helpline 8002-9393 - covers the services of the National Office for Children (Office national de l'enfance - ONE) and the CePAS (Centre psychosocial et d'accompagnement scolaires). This helpline offers psychological support and counseling to children, teenagers, parents and families in situations of stress, conflict or overwork. It can be reached on weekdays from 8 am to 6 pm.

Kanner-Jugend Telefon 116 111 - offers anonymous and confidential listening and help. It can be reached in the evening and on weekends or via chat - www.kjt.lu.
The **Elterentelefon 26 64 05 55** also offers offers an attentive ear, advice and support for parents.

Helpline 8002 9090 - for your **school-related questions**. This hotline provides general information on measures taken in the context of education. It is available on weekdays from 9 am to 12 pm and from 1 pm to 4 pm.

You can also submit your questions via the form available on: <https://schouldoheem.lu>

