



## Parent Carers Experience of School Support During Lockdown

### Making a Difficult Decision.....

I really thought that my daughter would not be going back to school until after Lockdown. Those who read my article in last months newsletter will know she was really struggling. She was missing the routine, structure and social interaction that school gives her.

As time went on in Lockdown I was feeling torn between keeping her safer at home and addressing her mental health, which was deteriorating. I contacted the SENCO at school and we discussed what was in place at school that would keep my daughter safe and the differences at school that she would have to face.

A couple of days later the SENCO rang to confirm she could attend school that Friday, which is the quietest day at school. The SENCO sent me a detailed, written timetable. This gave me time to prepare her for her return to school. She was very excited when I told her that she could attend school on that Friday. I gave a copy of her timetable, we went through it together a few times. I was able to tell her some of the pupils and staff that would be in school as the SENCO had given me this information. I was able to reassure her that her key worker would be with her throughout the day.

When I took her into school, we were met by her lovely key worker. Some time was spent handing over and I was able to talk about some things my daughter had achieved in Lockdown and things that she had struggled with at home. I said goodbye to a very excited and happy daughter. I felt so much relief, knowing that I had made the right decision for her.

When I picked her at the end of the day her key worker told me she had had a brilliant day and my daughter certainly verified this. She was bursting to tell me about her day and looking forward to her next day in school.

Her mood has definitely improved since returning to school. She has had less outbursts of anger and is a lot happier. We have something to talk about other than what we have done together at home, which is good for both of us. She is now looking forward to attending two days at school this week.

