

# Leaving a Parent

1



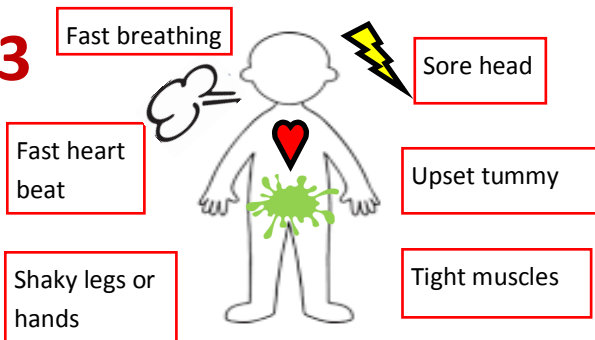
We have stayed at home for a long time to help fight COVID-19.

2



Lots of children and young people feel worried about leaving their parent and going back to school

3



My body might feel shaky, my tummy might feel sick or my heart might beat fast if I am worried.

4



I might think scary thoughts if I am worried about leaving a parent. These are just thoughts and might not be true!

5



If I feel worried, I will talk to my parent or another adult. They can help me to feel better.

6

Schedule <u>Monday</u>
School
Home—Mum
Picnic



My parent will let me know when I will see them again. I know I will see them again soon.