

# CONNECTION

Be Kind, Be Curious, Be Connected...

For further advice and support,  
please feel free to contact us.  
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## The Magic Hug

(for children who struggle with separation)

Draw a small heart on the palm of your hand and the same heart on the palm of your child's hand.

Hold hands whilst walking to school to 'charge the hearts up' 😊. When you get to school, tell your child that the hearts are 'fully charged'.

Tell them to press it whenever they miss you and it will give them a magic hug and vice versa.

## Connect with your Community

Send a postcard, a letter or a 'Thank You' card to somebody in your community or to a friend to let them know you are thinking of them or grateful for what they do. This could even be to the local shopkeeper. Receiving a physical letter or card is a fantastic morale boost as is the feeling of sending one.

## Self-Check

Take time to connect with yourself by asking yourself how you are doing each week or even every day;

**Socially?**  
**Emotionally?**  
**Physically?**

Some people may like to record their thoughts in a journal, others may prefer to just score each category out of 10 with or without recording it.

Depending on how you feel, spend some time considering how to improve your score. For example, you may decide to go for a walk, do some yoga, call a friend etc. Whatever it is that allows you to connect with your own needs.

If you live close to school, make an effort to walk or drive past periodically to enable you and your child to still feel connected to school.

Many schools have put rainbows and messages on the gates for all to see and enjoy.

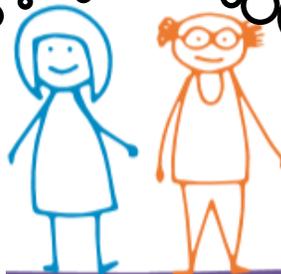


The only contact I have with anybody is with the children.

I miss socialising on the playground.

I feel so isolated.

I am worried about how me and my child will manage being apart.



## PARENTS/CARERS

