



GOING BACK TO SCHOOL In Uncertain Times

This is a 45-minute talk, followed by 15 minutes for Q&A

Date: Friday, 17th April

Time: 3.30pm - 4.30pm (GST; Dubai)

ABOUT THIS SESSION:

Going back to school right now is not the usual return; it is a return within uncertainty.

Even when things appear calm, the nervous system knows that not everything is fully settled. Children feel this, often without having the words for it. What matters most is not eliminating uncertainty, but helping your child feel steady within it. How you prepare them at home will shape how they settle, separate, and adapt once they are at school.

Parents will walk away with:

- How to regulate yourself so your child feels calm and secure
- What to say and what to avoid to help them settle back into school
- Practical ways to prepare children for the first day and week back
- How to talk about emergency situations in a way that builds confidence, not anxiety

FACILITATED BY:



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Register at: lighthousearabia.com/events

