

Back to School

A handy tips sheet to use with Teen Parents

Have you recently completed a Busymummy Programme?

Are you returning to education following a break to have a child?

Have you been out of education for a while and feel nervous about returning?

If any of the above are true, then this tips sheet can help you to feel prepared!

First things first, this is exciting! You are starting a new phase that will open up career opportunities, introduce you to new people, give you an identity away from just 'being a mum', offer new challenges and change from the humdrum for good!

As exciting as this *can* be, however, it can also be a hassle for you and your child if you're not prepared. Here are some helpful things to consider:

Thinking & Planning

Think about your new schedule. Do you have a timetable yet? Do you know what days you will be attending? Do you know which days your child will attend nursery?

Get a big planner (or large sheet of paper) and write out what your routine will be for the first month. Look at each day and make sure that you have everything in place to enable you to attend your course. Plan your routes, check your transport times, note down whether you or your child will need to have a lunch or other snacks prepared. Also, plan your costs – have you received your Care to Learn or EMA applications and when will these arrive?

Speak to your Young Parent Advisor and ask them to help you to plan.

Prepare the Night Before

Prepare tonight for tomorrow morning. This may seem boring and you may feel too tired in the evening, but preparing in advance is so important. Make lunches for both you and your child, plan all your paperwork that you need for your course, check your calendar to check you have no other appointments to attend, pick out what you and your child will wear the next day, pack your bags with books, homework, etc and your child's bag with nappies, wipes, change of clothes, etc.

If you can do this, there will be less stress for everyone!

Breakfast Cafe

Get your breakfast spot ready for in the morning. Have your coffee/tea station stashed and ready to go. Get out the cereal, bowls, spoons, juice. You may not feel like eating in the morning, but it is so important that you have something - this will kickstart your metabolism (so you may even lose weight) and helps your brain to retain information. Your child also needs to eat breakfast - even if you have planned for your child to have breakfast at nursery, you should at least ensure that they have a piece of fruit and some milk/juice when they first awake.

Learning Area

Set aside a special area for study. Make sure it's quiet. Studying in front of the TV is not conducive to good study habits. Make sure to have all necessary desk supplies (pens, paper, ec.)

These are just a few ideas to help you to feel ready to return to education.

For more information and advice, contact your **Young Parent Adviser** or call **Busymummy** (visit our website www.busymummy.co.uk)

News and Events

For the Upcoming Term
Forthcoming Staff Training
Parent Coach Training
Engaging Young Parents
Planning a Workshop or Parent Group
Working as a Parent Coach
Supporting Young Parents

Full details of these programmes will be sent in a separate email, but please contact admin@busymummy.co.uk for more information

Have a great September!