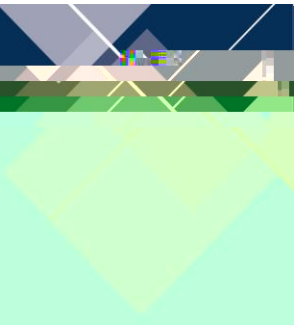




ST. HUBERT MISSION

AN ISLAMIC PRIMARY SCHOOL



despite some benefits, did not have the same scope of effectiveness as face-to-face interactions for many students. This may have impacted students' social identity, but also important connections for social support. Many young people, following COVID-19, have identified that they want help making connections with peers and friends.

Parents can organise "play" dates (outdoor or virtual) and facilitate interactions through helping their children find opportunities to mix with others and build friendships. Parents might have a role in helping to break the ice with other kids or helping their kids to initiate the first steps to reconnecting.

Other strategies that build belonging

Recognise that some children may have a slower pace in reconnecting.

This past year, some children and young people experienced a wide range of experiences. Reconnecting can take time.

Be a role model

Endeavour to maintain your own social needs and connections. Was there a hobby or group you dropped during lockdown? What can you do to make sure you are feeling a sense of belonging as well?

In closing

Taken together, the most important messages to remember are that belonging is important, it can take time to grow, and the relationships your child builds through school are key to them building a sense of belonging.

Parenting Ideas 2023, accessed January 2023, <https://www.parentingideas.com.au/>