

## TGED\_return to school special.mp3

**Anonymous Female Voice:** [00:00:02] A LiSTNR Production.

**Maggie Dent:** [00:00:04] This podcast was recorded on the ancient lands of the Gadigal peoples of the Eora nation in Australia. I wish to acknowledge the rich and continuing culture, and especially pay respect to the elders past, present and emerging, and to acknowledge and pay respect to any First Nations people from anywhere in the world who may come to hear this podcast. We hope that we may all come to walk with gentle feet, strong minds and compassionate hearts in this global village.

**Maggie Dent:** [00:00:38] Hello, hello, I'm Maggie Dent, parenting educator, author, and champion of boys and men. And this is the final installment of my special The Good Enough Dad's Guide to the Summer holidays. Now. School's going back in a couple of weeks, and you may also be starting back at work, too, if you've been lucky enough to have time off and the kids will be going off to daycare or whatever, so my final tips are all about easing back into the rat race. I mean back into life.

**Maggie Dent:** [00:01:11] My very first tip is those of you who've got grown up kids and teen kids. I used to have a collection of randoms who slept over an awful lot. I really had to get around and check my house and send them all home and tell them it's time that they got back to their own home because they kind of, like, were everywhere. So if you've got any random kids, send them home.

**Maggie Dent:** [00:01:30] Start looking at how can we bring our routines back, okay, so we let them go on holidays. They're up later, they sleep in later you screen times might have changed. So it's just gradually bringing them back. It's not like right, that's it, boom. Because sudden change triggers distress in the nervous system. And there's likely to be a massive push back. So it's little incremental slow changes.

**Maggie Dent:** [00:01:59] And [00:02:00] then what about your routines? I bet you've been doing a bit of bingeing at night time too. So again your routines need to be adjusted as well. And it's oh, we really would prefer the new routine wouldn't we, be on holiday forever?

**Maggie Dent:** [00:02:15] And then I have to say it, it's about parents and I'm going to say both parents, so it's not just if you've got a female co-parent, her job, the two of you need to sit down and start making some plans around what do we need to do to get our kids ready to head off into the life after holidays. So you might need to double check if we got the, you know, forms filled out for daycare. Have we got, you know, who's picking up and who's dropping off and have we got oh my gosh, the school shoes. Oh golly. And then of course it's oh my gosh, the stationery I had for boys for me to get that sorted. Oh it was, it was big. Um, and in the olden days I don't know if you do anymore. We had to cover books in contact. What? Oh my God, try that for for kids. Anyway, you need to make a start on this, because if you do it in the last couple of days. Yeah, yeah, it's not good. You got to dig out, are the lunchbox is still okay, are the water bottle is still usable, is it time for a new one. You know, you've got some practical stuff.

**Maggie Dent:** [00:03:23] Then my next tip is, especially if you've got kids who are transitioning either into primary school or into secondary, please don't talk too much about it. Don't talk too soon about it. Don't be too enthusiastic about it. Just drop it in. It's, you know, two weeks out and then we're getting ready. You're going to get your stuff ready soon, you know, because if you oversell it and it doesn't go well, it yeah, it doesn't go well.

**Maggie Dent:** [00:03:50] And then there's this other wonderful thing to do again, get the family together. And if you can write it down because we forget stuff, get them to say [00:04:00] what were the best parts of the holiday. Put the feedback down on a piece, big piece of paper because that's going to guide your next holiday. And it really is that some of your kids are going to give you feedback you might not like, but I'm going to tell you it helps to be able to plan the holidays in the future.

**Maggie Dent:** [00:04:18] So get started a little earlier than the last three days, because sometimes also stationery shops run out of stuff. And go easy on yourself and everyone else, so the new routine will take a little bit of time. Yes, separation distress is going to happen for you and your child. That's not lousy parenting, that's not an unwell child, it's because they loved hanging out with you, which is exactly what they should have been doing.

**Maggie Dent:** [00:04:45] I've got lots of free stuff on my website that you can have a look at that can help in transitions, but the big one; back each other up. Go easy on yourself and everyone else because getting back into that, it is like a rat race, let's be honest, it's an adjustment for everyone, including mums and dads and oh my gosh, I'm back to next week. We're kicking off the year with a cracker interview with TV presenter and mental health advocate Barry Du Bois. I'll see you soon for that.