

You Are Not Superhuman

You are pretty awesome but you're not superhuman and you can't do everything. Let's look at your super skills and what is good enough.

Super Skill: Teacher

Even though children are back in the classroom, the new school year is very different to normal. You are having to adapt your planning and teaching to focus on individual learning rather than interactive group work. You are also likely to be teaching children who are at different stages in their learning and will be feeling the pressure to help them catch up. The children's welfare will be a huge priority at this time and you may be dealing with children who are anxious about returning to school or have experienced a difficult time during lockdown. Some children might struggle to adapt to the school routine and show challenging behaviour. There are also health and safety guidelines to follow, ensuring children practise hand hygiene and that your classroom is a clean, safe environment. You might be concerned about your pupils becoming ill and having to quarantine, not to mention the risks to your own health and that of your family. Teaching in the current situation will be throwing up many new challenges for everyone involved. Be open with colleagues about your struggles and concerns and ask for their support if you need it. You can also find information about sources of help and support that are available to you on [Mind's website](#). The wellbeing of yourself, your family and the school community is the most important thing right now. Just by carrying on doing what you are doing, you are playing a vital role in working towards the new normal.



Super Skill: Caring for Others

As well as working and looking after your own family, you may find that you are still having to care for older family members or neighbours. The pressures of caring for others can feel overwhelming at times and it is important that you don't forget to look after yourself and that you ask for help if you need it. [Mind's website](#) gives practical suggestions of what you can do and where you can access support. After all, you can't look after others if you have not looked after yourself. Keep in touch, ascertain what support others need from you and just do what you can.



Super Skill: Parenting

Your own children are back in school, settling into the routine and catching up with their friends. While this is a relief for many, you may still have concerns about your child. Some children will have been anxious about returning to school and may find it difficult to adjust after months at home. Maybe your child struggled with home learning and you are worried about their academic progress. What will happen if their class or year group needs to quarantine at home for a period of time? Ask others for support if you need it. If, at times, you feel as though you aren't being the best parent, remind yourself that you are doing your best and that is good enough.

Super Skill: Finance Manager

You might be finding the current situation really difficult financially. Many households have seen a drop in their income and are having to think about what can be done to delay payments or make their money go further. Look online for advice from the government. Only buy what you need when you need it. Contact companies that you pay money to on a regular basis to ask about support they can offer in these difficult times. You certainly won't be the first person to speak to them about it.



Super Skill: Shopper and Caterer

You may be the key shopper and caterer in your household and, even if this has always been the case, right now, this may seem significantly more stressful. Search out quick, easy recipes online and if your ingredients are a little unusual at the moment, so what? As long as everyone has something to eat, it isn't the end of the world if it's not quite what you usually have.

