



**nurse
anna**

Getting help from your teachers after ABI

“Going back to school can be a really hard thing to do, especially when you have been away for such a long period of time. Try to remember that things will be different. There is little point worrying about it though as you won't be able to change anything by worrying!

Sending you back to school takes a lot of planning. There can be a lot of people involved like a social worker, or a community children's nursing team, psychologists and teachers.

You will never just go back to school without support. All of your teachers should know what is going on and will make allowances for you. They will also look at the kind of work they are giving you. An educational psychologist might be on hand too to make sure that you are getting work that will help you to adjust.

When you do get back to school, always ask your teachers for help if you need it. If you find talking to your teachers difficult, speak to your parents and then they can talk to your teachers for you.

You are doing very well to get back to school. Just remember you don't need to do it on your own and there will always be help there if you need it.”

