

# NORMALITY MATTERS - POST COVID



**EDUCATING  
MATTERS**

*"Parents are a child's first and most important teacher"*

## THE TRANSITION BACK TO 'NORMALITY'

---

This past year has proven that as human beings, we are incredibly adaptable. Almost overnight adults had to adjust to working from home and children had to adjust to schooling at home. This period of limited social interaction and essentially having our lives on hold, has been an incredibly challenging time for a whole host of reasons, depending on individual circumstances. However, particularly for families there have been many benefits.

This session will provide an opportunity to reflect on the positive elements. The experience of Covid-19 has the potential to accelerate significant change in how we work and how our children are educated. What elements should we hold on to? We will provide some practical tools to best support families on the road back to some sense of normality.

## SESSION OUTLINE

---

- Reflections on the benefits to parents and children of the past year
- What have we learnt & what will we hold on to
- Tech detox
- Practical tools to 'set up for success' and ease children back to normality

## SESSION INCLUDES

---

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Opportunity to ask questions

## RACHEL VECHT (FACILITATOR)

---

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and private sector. She has also worked as a University mentor and lecturer to student teachers. Over the past 20 years (in addition to becoming a mother to 4 children), she has written and delivered 'Educating Matters' seminars to tens of thousands of working parents in the corporate and public sector. She also privately delivers a ten week 'Positive Parenting Course' covering more general parenting issues, speaks in schools, offers one-to-one consultations to parents globally and comments on parenting for the media.