



# Coping with Isolation



- 1 **Keep** communication lines open
- 2 **Stay** connected via regular contact
- 3 **Visit** when possible to provide comfort
- 4 **Encourage** taking part in school activities
- 5 **Help** with time efficient management
- 6 **Support** their friendship groups
- 7 **Empower** problem solving skills
- 8 **Reinforce** their independence
- 9 **Know** when to intervene

Boarding schools offer a structured environment where students live, study, and grow alongside their peers. However, the sense of community and shared experiences can also bring moments of isolation.

Being away from family and the familiar surroundings of home, can lead to feelings of homesickness, sadness, and loneliness resulting in feelings of isolation that can be emotionally challenging, especially for younger students.

Many boarders may experience academic pressure due to their busy schedules, leaving them with limited free time to nurture social connections. .

To help students cope with this challenge, parents and caregivers play a crucial role in maintaining open communication, staying connected, visiting when possible, encouraging participation in school activities, teaching time management skills, and supporting the development of their child's social skills. Supporting children as they navigate the unique challenges of boarding school life can pave the way for a positive and fulfilling experience.



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## Keep the communication lines open

Encourage your child to talk openly about their feelings, both the positive and negative stuff. Acknowledge how they feel and let them know you are always there to listen and support them

## Stay connected

Maintain regular contact through phone calls, video chats, or text messages to bridge the physical gap and offer emotional support. Contact can be brief, but it is the frequency that is more important.

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## Visit when possible

If and when feasible, visit your child regularly to provide a familiar and comforting environment. Accept invitations to school events if possible, as seeing your physical presence will give them the reassurance they seek.





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## Encourage participation

Urge your child to engage in school activities, clubs, and sports. Encourage them to explore their interests and passions to build friendships and foster relationships with students outside of the classroom environment.

## Help with time management

Teach your child effective time management skills to balance academics, extracurricular activities and their social life. This can help reduce academic stress and give them the head space to foster better social connections.

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## Support their friendships

If your child is having trouble making friends, help them to develop social skills by offering guidance on how to build and maintain healthy relationships. The ability to obtain, maintain and retain friendships is a true indicator of whether your child is travelling ok.





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## Empower problem-solving

Encourage your child to find solutions to challenges they encounter at school. Empowering them to address these issues independently can boost their self-confidence, motivation and resilience.

## Reinforce independence

Encourage your child to be self-sufficient, making their own decisions and solving their own problems while knowing that they have your unwavering support. This will help nurture independence and boost self-esteem.

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## Know when to intervene

Pay attention to your child's behaviour and physical appearance. Should you notice a decline in either, it's important to raise your concerns with the school. Ensure their emotional state does not escalate by encouraging them to seek help from a trusted adult, such as a school counsellor, in your absence.

