



Tips For Preparing Your Student To Go Back To School

★ Model positive behaviors

- Kids look to adults for cues on how to act. Model the behaviors you expect.

★ Practice, practice, practice

- Try creating a schedule at home with designated times to teach and practice skills your child needs to work on, like mask wearing or social distancing.
- Look for fun ways to practice the skills at home.
 - Examples: wear a mask for 30 minutes while playing video games, play a game to practice social distancing, sing a 20 second song while washing your hands.
- Gradually increase the amount of time your child is practicing to help build their comfort and confidence.

★ Prepare for new changes

- Talk with your child about what will look different when they go back to school (i.e. waking up earlier, less screen time, sitting at desks).
- Consider areas of difficulty your child might have and develop a plan now (before they have difficulty) on how to support them. For example:
 - Plan for separation anxiety and a hard time saying goodbye by creating a goodbye routine (special hug, secret handshake, etc) and telling your child when you will see them next.
 - Plan for increased tiredness after in-person school days by allowing time for your child to relax and space to talk about their day.

★ Have an open and honest conversation with your child

- Prepare yourself through pausing, reflecting, gathering information, and entering the conversation as calmly and positively as possible.
- Open a conversation with your child to check their understanding and share what you know or do not know.
- Make space for questions to flow, and ask open-ended questions to better understand what your child is thinking and feeling.
- Validate your child's feelings.
- Allow time for understanding and transition
- Learn more about the [5 Tips for Talking to Kids About Going Back to School](#)

Remember:

It's important to help kids understand that the return to school will require a team effort from everyone. Practice and preparation can help your child re-enter their school feeling more confident and ready.

References:

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