

# Tips for returning to school after COVID-19

Kids have many questions about returning to school after a pandemic. Below are some helpful tips to help children to feel safe and prepared when schools reopen.



## Talk with your child

- Be honest and confident
- Listen to your child's fears and concerns
- Share your own experiences
- Answer questions with facts and ideas your child can understand
- Explain that state and local leaders will prioritize the safety of students

## Be positive about the future

- Stay calm and collected
- Share how your family follows current safety guidelines
- Demonstrate how your family will follow new safety guidelines
- Embrace the new normal as a chance to teach life skills like problem solving, adapting to change, and taking care of ourselves and others

## Use words your child understands

- Young children like to **know what to expect**
  - Discuss new routines, activities and people they might see
  - Practice safety rules
- Pre-adolescent children like to **ask detailed questions**
  - Give reasons for the changes in school routines
  - Help them understand the difference between facts and rumors
- Teenagers like to **be included in decisions**
  - Guide them to accurate sources of information
  - Help your child with planning personal goals for school and the future

## Create a schedule for the New Normal

- Routines help children feel calm and prepared for the day
- Answer questions about new safety rules at school
- Plan morning and evening routines, homework time, and school transportation
- Talk about seeing friends and teachers again
- Encourage your child to make their best personal decisions at school



Talk with the school staff or medical team about any concerns surrounding health implications and your child's return to school.