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Tips for Successfully Transitioning Back to School

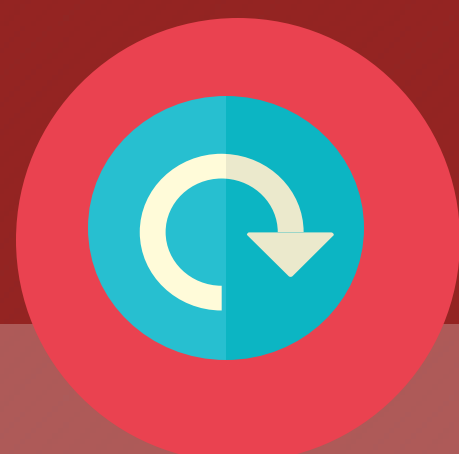


Students returning to school this fall may need some extra time and help to prepare given the changes due to Covid-19. Help your child be set up for success by following these tips!



TIP 1 Talk about what their day will look like at school

- Students are curious about what to expect and talking about what their day will look like will be an important step in preparing them for back to school.
- Explain things like why teachers and other students will be wearing masks, why they will wear a mask, cohorting, physical distancing, and what recess and play might look like.



TIP 2 Practice Makes Perfect!

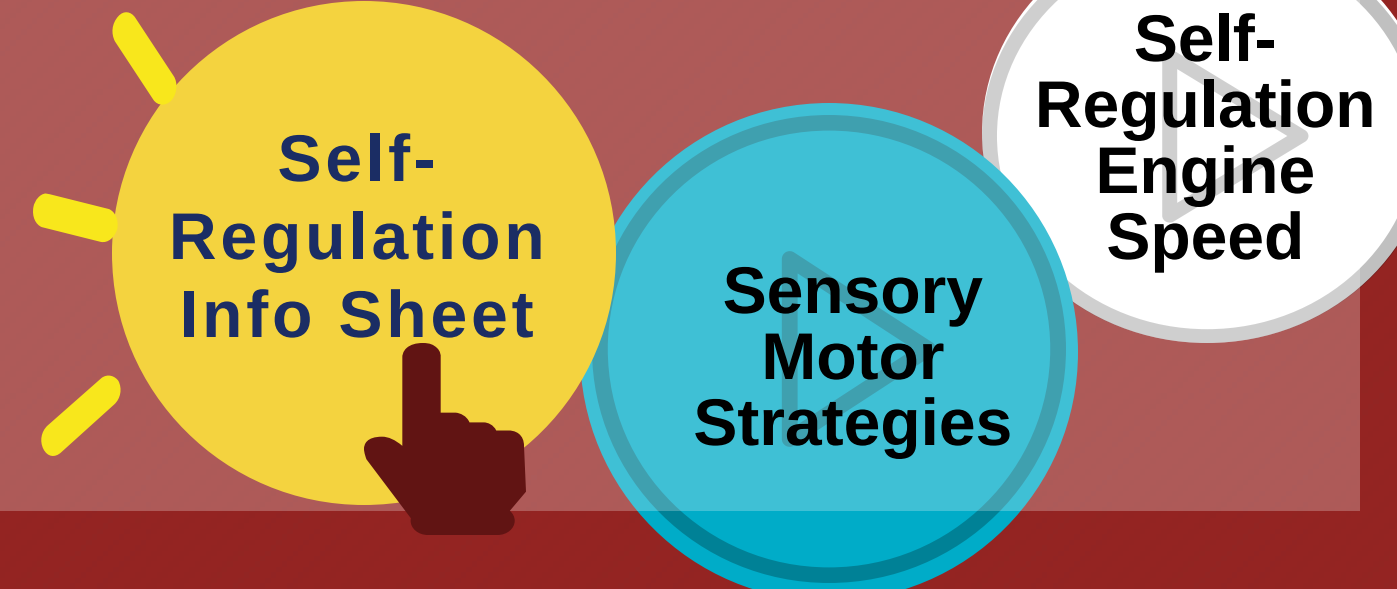
- Have your child practice important skills that will help keep themselves and others safe from germs.
- [Handwashing](#)
- [Coughing and Sneezing into their elbow](#)
- [Wearing a Mask - Video](#)
- [Greet from Six Feet](#)
- [Waiting for their turn](#)

Click on the links for steps to teach each skill



TIP 3 Teach and Practice Self-Regulation Strategies

- There may be times where your child feels overwhelmed. Ensuring that your child knows some regulation strategies that they can utilize will help them manage their stress and big emotions that they feel.



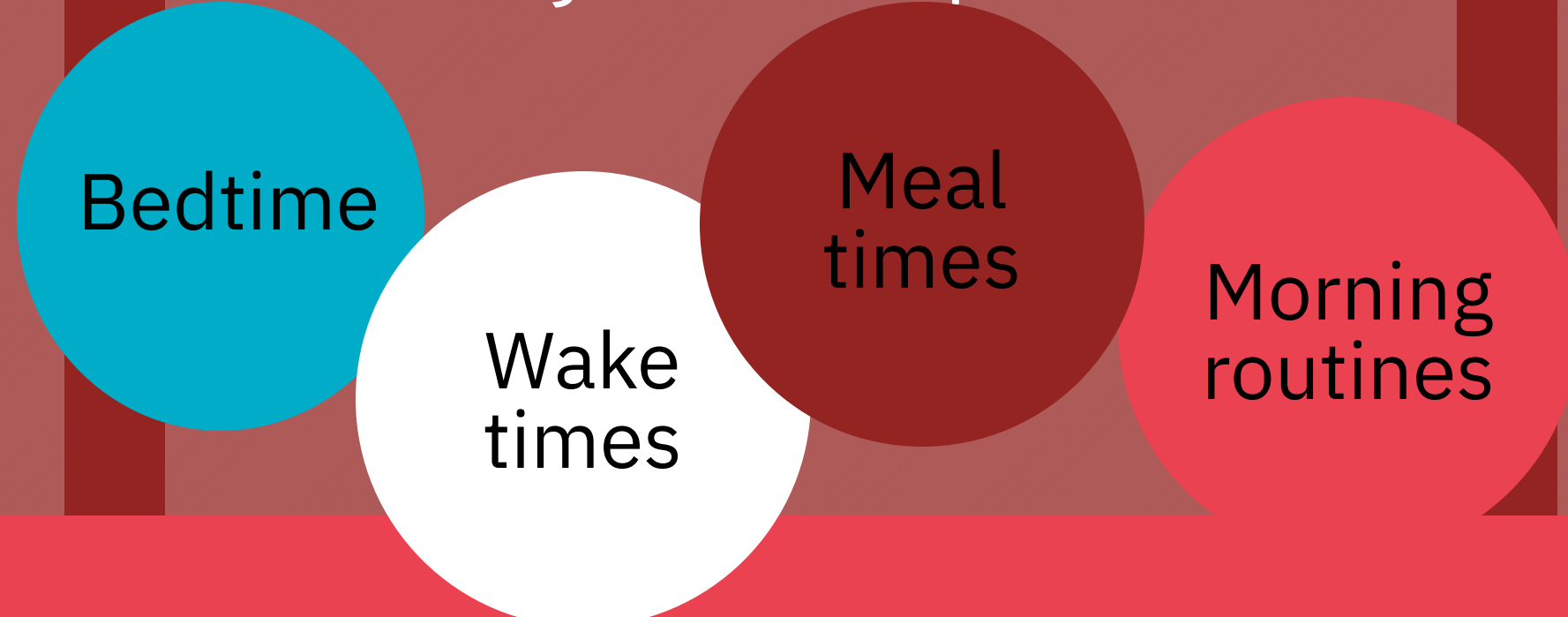
TIP 4 Increase Independence

- Having students increase their independence with certain tasks will reduce the amount of time they spend waiting for help, and will help to promote physical distancing within the classroom.
- ✓ Dressing
- ✓ Opening snack/lunch items
- ✓ Recognizing their name



TIP 5 Follow a Consistent Schedule and Routine

- Begin following your families "school schedule" in the weeks leading up to school. This will help by developing consistency and predictability in their routines and reduce the amount of change come September.



TIP 6 Acknowledge your Child's Feelings

- Take time to talk about how your child feels about returning to school.
- Validate your child's worries and fears by acknowledging that, like any new activity, starting school can be hard but soon becomes easy and fun.

*I am able to do all things through Him who strengthens me.
Philippians 4:13*

