Preparing to Return to Face-to-Face Learning

Helping children feel at ease when returning to face-to-face learning

- Have an open conversation about what it is that is worrying them
- Be honest and validate fears
  - Preparing to wear face masks
  - Social distancing
- Reassure that appropriate safety measures are in place to help prevent the spread of germs
  - Wash hands
  - Social distancing
  - Coughing into your elbow
- Remind children about the positives
  - They will be able to see their teacher and their friends
  - Continue to learn new things

How to prepare students for returning to school

- Reassure them school is opening when it is deemed safe
- Share information about when and how the opening will happen
- Prepare students ahead of time that schools could close again
- Check in with your child to see how they are adjusting
  - Monitor their physical and social emotional well-being

Preparing children to wear protective face coverings at school

- Empathize with children
- Reinforce the importance of wearing a mask

Encouraging children to follow safety precautions
• Encourage regular hand washing while making it fun for children
• Explain why hand washing is important
  ○ Read everything you need to know about washing your hands

Helping children cope during a transition back to face-to-face learning

• Check-in with children regularly. It’s ok to have changing emotions.
• Help children find creative ways to express their feelings
  ○ Drawing, playing, etc.
• Adults should manage their own emotions by staying calm.

Read more on how to protect your family’s mental health in the face of COVID-19

Supporting your child’s mental health as they return to school during COVID-19.