



EASE EVERYONE'S ANXIETY DURING COVID LEARNING



Sending your child into the classroom may be more stressful this year, as the typical back-to-school concerns are compounded with the uncertainty of the COVID-19 pandemic. Whether your child attends school in-person, learns from home, or a combination, there are steps you can take to get ready. Ease the transition back to school for kids, parents, and caregivers during the COVID-19 pandemic by:

EMOTIONALLY PREPARE

Talk with your child(ren) about their feelings and start preparing them for what they will encounter. Talking about their feelings can help children prepare mentally. The classroom experience will be different this year with masks, distancing, and other procedural changes. It might help to discuss these topics in advance.

EMBRACE THE AMBIGUITY

You might not be able to predict the future, but you can model how you react by being more flexible, empathetic, and less controlling. Learn and respect new school rules and help your children learn them. Reinforce by explaining the rules and repeating them to help kids feel confident and capable.

FIND SMALL WAYS TO GIVE KIDS A SENSE OF CONTROL

At home, set up a space for learning regardless of whether they will be doing online or in-person learning. Allow kids to pick out their school supplies. Let them choose a mask that fits well and helps with their identity/interests.

ANTICIPATE BEHAVIORAL DIFFERENCES

You can't predict how your children will react, but don't be surprised if their behavior includes some acting out. Support their emotions and provide assurance that you accept their feelings.

IT'S NOT JUST ABOUT THE KIDS!

As parents/caregivers you are entitled to feel some anxiety. Many families are trying to juggle time between jobs and supervising your children, and this can be stressful. Share your feelings with other adults and take some time for yourself.

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