

## Preparing your student to start school again

Being away from school and returning to an environment that has changed and can be anxiety-provoking.

Here are some ways you can support your child:

- Get back into a routine. Routines are safe and familiar which can help reduce anxiety.
- Focus on what you can control. It's hard getting caught up in the unknown and 'what-if's'? Helping your child identify what they can control and practical things they can do can help them be more in the present moment and reduce anxiety. Practical strategies can include getting organized, making plans for the weekend, preparing their school space, etc.
- Revisit social distancing rules and good hygiene practices. Reviewing these can help your child feel more at ease about their safety when in public spaces.
- Provide reassurance. Sometimes we can't solve all our children's problems, but they don't always need solutions – just to feel understood and supported.
- Explore the positives. Even if they are worried about returning to school online, there may be some things they are looking forward to. It can be helpful to talk through these together if your student is open to this.
- Explain balance. Kids will be excited to see their friends and teachers again (virtually), however they need to know that this is also a serious time to get back to learning.
- Get back into your sleep routine. To help eradicate those stressful school mornings, set up a regular bedtime and morning time routine to help prepare your child for school. Begin your usual school sleep routine about a week or so before school starts.
- Re-establish school routines. Have your child practice getting back into the rhythm of their daily school routine. You can do this by having them wake up at the same time every day, and eat around the same time they would at school. About a week or so before school starts, plan a few outside activities where your child will have to leave and come home around the same time they would if they were in school. This will help them be rested and ready for the big day.

Resource and More Information: [Returning to Normal after COVID-19 Family Resources](#)