

BACK 2 SCHOOL



a "new normal" guide for caregivers

Hey Family! We know transitioning back to school brings feelings of both excitement and potential anxiety. Here are a few tips and tricks to help you navigate yet another NEW normal.

5 QUESTIONS TO ASK OTHER THAN "HOW WAS YOUR DAY?"

1.

What made you smile today?

2.

How did you show kindness?

3.

Is there anyone who doesn't have a friend?

4.

What was the hardest rule to follow?

5.

Did anything make you sad today?

MENTAL HEALTH TIPS FOR RETURNING BACK TO SCHOOL

- Prioritize your self-care.
- If necessary, check-in with a therapist or counselor
- Stay active through exercise
- Be aware and supportive
- Practice relaxation techniques
- Disconnect from media outlets



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TEACH

Teach your children about safety protocols and ways to keep themselves and others safe. Consider packing mini safety kits that include antibacterial spray, wipes, and extra masks.



IMPLEMENT

Create and **implement** a family plan to support your family's transition from home to school/work. Your plan should consider new policies, extra curricular activities and even family goals.



COMMUNICATE

Communicate with your child and their teacher frequently to ensure their unique needs are met, and discover opportunities to ensure their experience personal and academic success.



COLOR IN A
COLORING
BOOK

PAINT

DANCE LIKE
NO ONE'S
WATCHING

PLAY WITH
PLAY DOH

BLOW
BUBBLES

5

CREATIVE
OUTLETS

TO

RELIEVE
STRESS
(WITH OR WITHOUT
YOUR CHILD)

Families across the country are busy planning to welcome students back to classrooms for in-person learning in the fall. For many of us, our school community can feel like an extension of our family. With the tips, tools, and resources outlined here, we hope you and your child are even better prepared for a successful new school year.



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