

for Families

Tips to Support Your Child

BACK TO SCHOOL



As summer ends, the adjustment of returning to school can be stressful at the best of times. With everything that's happening in the world, your child may need a bit more support as they head into school start-up. You may find the following helpful in reducing feelings of uncertainty or anxiety.

OPEN COMMUNICATION

- Openly address uncertainty or concerns your child may have without minimizing their worries – acknowledge their emotions and what they might be feeling.
- Keep your child informed, including about what they can do themselves to prevent the spread of COVID-19.

ROUTINE

- Children and youth thrive on routine. This can be more difficult to get back into after an extended break.
- You may find easing into regular bedtime and wake-up times helps students prepare for the routine of school.

A POSITIVE FOCUS

- Discuss what your child likes about learning – whether it's seeing their teachers, social time with friends or feeling challenged to be their best learner – and focus on the positive that resonates with your child.
- Acknowledge that, like any new activity, the start can be hard but most often improves.

LOOK AFTER YOURSELF

- Talking with other parents can be helpful – knowing you're not alone. Model your own healthy routine.
- If you have feelings of nervousness or anxiety, please be aware of those feelings when you have discussions with your child. It's okay to be human.

YOU'RE NOT ALONE

- Educational staff will be there to support your child as they return to their learning routines within the District. Counselling and other supports are available if you have concerns about your child's anxiety level.
- Schools are doing their best to keep everyone safe and are following strict health and safety protocols.