

Tips for Returning to School After COVID-19

Kids have many questions about returning to school after a pandemic. Below are some tips to help children feel safe and prepared when schools reopen.



Talk with your child

- Be honest and confident
- Listen to your child's fears and concerns
- Share your own experiences
- Answer questions with facts and ideas your child can understand
- Explain that state and local leaders will make sure students are safe



Be positive about the future

- Stay calm
- Share how your family follows current safety guidelines
- Show how your family will follow new safety guidelines
- Embrace the new normal as a chance to teach life skills. This can include problem solving, adapting to change, and taking care of ourselves and others



Use words your child understands

Young children like to know what to expect

- Discuss new routines, activities and people they will see. Practice safety rules.

Pre-adolescent children like to ask detailed questions

- Give reasons for the changes in school routines
- Help them understand the difference between fact and rumors

Teenagers like to be included in decisions

- Guide them to accurate sources of information
- Help your child plan personal goals for school and the future



Create a schedule for the new normal

- Routines help children feel calm and prepared for the day
- Answer questions about new safety rules at school
- Plan morning and evening routines, homework time, and school transportation
- Talk about seeing friends and teachers again
- Encourage your child to make their best personal decisions at school

Talk with the school staff or medical team about any health concerns you have about your child's return to school.

Center for School Services and Educational Research

For additional support, email school_services@cchmc.org

