

<input type="checkbox"/> Consider providing your child with a container (e.g., labeled resealable bag) to bring to school to store their cloth face coverings when not wearing it (e.g., when eating).	
--	--

## Mental Health & Social-Emotional Wellbeing Considerations

<b>Actions to take and points to consider</b>	<b>Notes</b>
<input type="checkbox"/> Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, possibility of staying in the classroom for lunch).	
<input type="checkbox"/> Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal.	
<input type="checkbox"/> Anticipate behavior changes in your child. Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits, difficulty concentrating, which may be signs of your child struggling with <u>stress and anxiety</u> .	
<input type="checkbox"/> Try to attend school activities and meetings. Schools may offer more of these virtually. As a parent, staying informed and connected may reduce your feelings of anxiety and provide a way for you to express any concerns you may have about your child's school.	
<input type="checkbox"/> Ask your school about any plans to reduce potential stigma related to having or being suspected of having COVID-19.	
<input type="checkbox"/> Check if your school has any systems in place to identify and provide mental health services to students in need of support. If so, identify a point of contact for these services at your school.	<p><i>Name of school point person:</i></p> <p><i>Contact information:</i></p>
<input type="checkbox"/> Check if your school has a plan to help students adjust to being back in school. Students might need help adjusting to how COVID-19 has disrupted their daily life. Support may include school counseling and psychological services (including grief counseling), social-emotional learning (SEL)-focused programs and curricula, and peer/social support groups.	
<input type="checkbox"/> Check if your school will provide training for students in mindfulness, incorporating SEL into classroom curriculum (either virtually or in-person), or support a child's ability to cope with stress and anxiety. If not, consider asking about ways to add this to your child's at-home learning.	
<input type="checkbox"/> You can be a role model for your child by practicing self-care: <ul style="list-style-type: none"> <li>◦ Take breaks</li> <li>◦ Get plenty of sleep</li> <li>◦ Exercise</li> <li>◦ Eat well</li> <li>◦ Stay socially connected</li> </ul>	