

# Welcome Back to School

**Back to school:  
A full day during a pandemic**

## Discussion Starters to get your child ready for school!

- *Begin with a conversation about COVID and the new school year*
  - Choose your words wisely
  - Find a balance between communicating information without overwhelming them
  - Discover what your child already knows about the new school year
    - Ask general questions
- *Lead by example*
  - Reinforce your discussion with actions
    - Make decisions regarding safety and carry them out daily
    - Show the practical steps you take to stay healthy and share why the steps are taken
    - Stay as balanced and calm as possible when learning new information
- *Remember Mental Health*
  - Keep an eye on your child's stress and anxiety
  - Look for signs of stress
    - Acting out
    - Emotions in extremes (crying, tantruming, overly quiet)
    - Complaints of physical ailments (symptoms should be followed-up with a physician to rule out other possibilities)
- *Refamiliarize your child with the school*
  - Explore the school's website
  - Look at the teacher's website
  - Talk with community members who have children in the same grade
  - Explore podcasts or any other videos your school has posted

**"This is a new year. A new beginning. And things will change."  
Taylor Swift**