

Helping Students Return to In-Person Learning

Returning to in-person learning may feel both exciting and stressful for your child. Try these tips for helping them prepare for coming back to campus!

Children's Masks 101



Watch this child-friendly video with your child or children about the importance of masks:

[Masks for Kids: What You Need to Know About Face Coverings](#)

For additional information about children's masks, explore [here](#)



Check out this downloadable and interactive [Checklist: Planning for In-Person Classes](#) from the Center for Disease Control

[English Checklist](#)

[Spanish Checklist](#)

Prepare Your Children with the Facts

- Provide **truthful and accurate** information about COVID-19 at the child's developmental level with reassurances that adults are there to help keep them healthy and take care of them if they do get sick.
- Give simple **examples** of the steps people make every day to stop germs and stay healthy, such as washing hands.
- Talk to your child about **what to expect** when returning to school, such as wearing a mask, staying 6 feet apart, what their schedule might look like, what recess might look like, etc.

Open Communication

- Use language such as **"adults are working hard to keep you safe."**
- Invite questions and recognize opportunities to **discuss worries** and concerns. Let them know most kids have concerns.
- Accentuate the **positive**. Ask your child what they are looking forward to, what goals they might have, and what will be exciting about returning to in-person learning.
- Remind children this is **different for everyone** and teachers will be focused on making kids feel welcome and comfortable.

Starting Setting Routines Now

- **Practice routines**, such as getting ready in the morning for school, handwashing and mask wearing before the start date. Make sure your child can take on and off their masks and they know what to do if it gets lost or torn.
- Help your child develop **healthy coping strategies** such as deep breathing, positive self-talk, talking to others about their feelings. **Practice coping skills** frequently and when they are calm.
- Set your child up for success by **allowing adequate time** in the morning to get ready, eat a nutritious breakfast and get to school without the added stress of rushing.
- Allow your child to choose their clothing and pack their backpack **ahead of time** so they feel more prepared.
- Allow your child **time to transition**. Most children adjust to changes after several repetitions. Connect with school staff if you have ongoing concerns.

And lastly:

- Check your own emotions; if you are uncomfortable about your child's return to in-person school, they likely will be too.