
Parent Tips for Returning to School

Dear Parents,

We know returning to school may be a challenge for your children. We have compiled some helpful tips to help your family return to school successfully!

- Be honest but age appropriate about circumstances and changes. It's okay to say, "I don't know if the school will close again, but I do know that we have a plan to keep you safe." Let kids know that we are in this together; we've thought about this, we've planned for this.
- Focus on the constants. "You are safe, you are loved, this is your school, these are your friends, this is your teacher."
- Let them have control with small things, like choosing a mask, a snack, an after school activity, etc.
- Be positive about changes because children will pick up on your attitude. "We get to wear masks to keep us safe!" as opposed to "You have to wear a mask."
- Normalize your child's feelings. "I know you miss your friends. It's really hard not seeing them everyday." "I know you're worried about staying safe at school. Your teachers are going to take such good care of you."
- Prioritize continuity. Whatever CAN stay the same, try to keep it the same.
- Practice being 6 feet apart. "6 feet is about the size of Daddy/Dad! Make sure you have about a Daddy/Dad sized space between you and your friends."
- Practice wearing a mask. Increase the duration over time.
- Let teachers know what behaviors you have observed at home and what supports have worked for your child.
- Reach out to your child's teacher and/or the counselors if you need support.

There is also a form linked [HERE](#) to help us further identify and support each family's unique needs.



We are here to support you!

[Mrs. Nunez](#) and [Mrs. Hicks](#)

 St. Cecilia
Catholic School

