

# Tips to Help Your Child Transition Back to School

JCPS Academic Support Programs

## 1. Re-establish routines

- Set bed times and wake up times
- Power off electronics 1 hour before bed
- Write down your child's school schedule including designated time for homework

## 2. Normalize Mask Wearing

- Begin by having your child wear a mask at home and gradually increase mask time
- Talk to your child about the expectation of mask wearing at school

## 3. Keep Communication Open

- Talk to your child about their fears and excitement about returning to school
- Validate their feelings and try to reassure them or problem solve with them

## 4. Help Your Child Cope

- Let them know they can talk to you or a trusted adult if they are feeling scared or overwhelmed
- Model healthy coping skills

## 5. If you need help or are worried about your child, call your child's school counselor

- Your child's school counselor can help connect you to additional support

