

HOW TO TALK TO YOUR CHILDREN ABOUT

RETURNING TO SCHOOL

Given the fact that most of our students have not been in school for an extended period of time for in person learning, the return to this environment may be somewhat overwhelming. Many students have questions about what this will be like, who will be there, or what their day will look like. We would like to encourage all parents to talk to their child before he/she returns to have a discussion about this so that they can be better prepared and have the opportunity to discuss how they are feeling. The following are possible questions that may help start the conversation:

- 1** What are you expecting it to be like?
- 2** Who do you anticipate will be there?
- 3** What questions do you have about returning?
- 4** Do you have any fears or concerns?
- 5** What are you excited to do/see when you go back?
- 6** How do you think it will look or be different than in past years?

You may also want to talk to your children about the positive impact of returning to school. You can explain that going back to school means:

- They will get to see their teacher and other staff in person.
- They will be able to interact with their peers and school staff.
- They will gradually begin to get back into a routine of going to school in person.

You may also want to discuss any concerns your child may have about going back. Explain that it is completely normal to feel this way and that others are feeling this way too. Give them the opportunity to talk through these concerns and express how they are feeling.

Once your child has experienced the return to in-person learning, continue to have these discussions with them. Ask them questions that give them the opportunity to provide detail about their day and ask any questions they may have of you or for school staff.