



TIPS FOR BACK TO SCHOOL: SUPPORTING YOUR YOUTH THROUGH TIMES AHEAD

 **Become aware of new procedures/changes.**
Have open conversations about these changes with your children/teens to help them prepare and understand.

 **Practice good hygiene habits at home, such as hand washing and wearing a mask properly.**

 **If you will be remote, stay connected with your school, people, and resources they offer. Come up with a family plan to help your children/teens stay on track with their schoolwork.**

 **Stick to a regular sleep schedule.**

 **Check in to answer any questions that may arise, creating ongoing support for your child or teen.**

Resources:

<https://theconversation.com/how-to-help-your-child-cope-with-the-transition-back-to-school-during-covid-19-144530>

<https://www.ssmhealth.com/blogs/ssm-health-matters/august-2020/tips-for-a-smooth-transition-back-to-school>

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19><https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>

<https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>

<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?ua=1>

Some of the above tips are adapted from this list