

Got It!



Preparing to Return

Unsure how to prepare your child to return to school?

Step 1: Get information from your school

- Your child's school will be in touch to explain the various new procedures in place. If you have not received information or are unsure of anything, you should contact the school.



Step 2: Talk to your child about returning

- Talk to your child about the changes the school has let you know about and tell them the teachers will be there to help if they are unsure about anything.
- Reassure them with calm words and actions that going to school will be safe and fun.

Step 3: Talk to your child about their feelings

- Encourage your child to share their feelings and any concerns they have before and after returning to school.
- Reassure them that it is normal to have big and sometimes mixed feelings such as excitement or worry.
- Practice some deep triangle breathing together and let them know they can do it on their own at school to help with any big feelings there.

Triangle Breathing



Use your index finger to trace a triangle on the palm of your hand as you take deep breaths