

Tips to help your children during the school year



Foster open dialogue.

Ask how they feel about school this year — both their excitement and their concerns. Check in often. Share your feelings, too.



Validate their feelings.

Let your kids know it is normal to be nervous about being back in school, whether in person or online, and to have worries about the pandemic.



Set expectations.

If possible, come to shared agreements about their schedules and routines. Let them have input and tweak what isn't working.



Establish healthy habits.

Let them know that by wearing a mask, washing their hands, and covering coughs, they are helping to contain the virus.