



TIPS FOR BACK TO SCHOOL

As you prepare to send your children back to school in September, there are a number of things parents can consider to help with the transition. Some additional resources can be found in the links below.

Communication

- Regularly engage in positive discussions with your child about their return to school. Describe what you know about their school and encourage them to ask questions and share any concerns they may have. Express excitement for your child to see their friends and teachers again.
- When they return home from school each day, talk to them about how it went. Make sure to ask specific questions if they struggle/are reluctant to provide details. Questions like, which friends did you see today? What was your teacher like? What new changes did you see in your school?

Sleep

- Proper sleep is vital to helping your child adjust. Start your back to school bedtime routine today so that they do not have as much trouble getting to sleep at night when school arrives. A bedtime routine that is calm, consistent, and screen/electronic free helps maintain good sleep habits.

Routine

- For some children a steady routine will come as a bit of a shock following the closing of schools due to the pandemic and summer vacation. Talk to your child about what their routine will be like at school and get them excited about aspects of it like special snacks in their lunches, going back to their daycare program, or classes they like.
- It also may be helpful to take a drive to your child's school, or if you know the bus route if they are bussing, to drive the route with them prior to their first day.

Masks

- One of the best ways we can normalize masks for our children is to model the behaviour. Wear a mask in front of your child so that they can see it as a normal activity. To help them feel more positive about wearing a mask, have them pick out some fun patterns. To help them physically adjust to wearing a mask, have them wear one around the house, when on screens, running errands, or outside. The more often they wear one and see others around them wearing masks the more normal it will feel.

Celebration

- Celebrate with your child about the things they liked about summer and what they are looking forward to about school. Talk to your child about what would make their first day of school special and plan it with them – something as simple as having you walk them to school or wearing a special item of clothing.

Resources

- Regular communication with your child and observing their behaviour can help you identify if they (or you or your family) need further support. There are many resources available for families through Alberta Health Services, Employee Assistance Programs, community programs and online.
- [Key Strategies to Help Your Child Transition Back to School During a Pandemic](#)
- [Back to School Sleep Tips](#)
- [Helping Your Child Wear a Mask with Play and Sensory Strategies](#)