

Starting at Home

Many of the things that your children will be asked to do when attending school in-person this fall can be modelled and discussed at home before returning to school. Some things to consider practicing and talking to your children about include:

- Washing hands for with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoiding touching eyes, nose, and mouth with unwashed hands.
- Keeping distance between yourself and other people, at least 6 feet.

- Wearing a cloth face cover.



- Avoid sharing objects including water bottles, electronic devices, writing instruments, and books.



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Text adapted from:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html>

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COVID-19



In-Person Learning

Returning to school will likely look very different for children this fall. To combat the spread of COVID-19, many schools are implementing new policies that you should be aware of before deciding to send your child back to school.

Making a Plan

It is a good idea to develop a plan to make sure your child will remain safe and healthy during their time at school. Some things you might want to consider before the first day of school include:

- Reviewing the school's re-opening plan to prepare your child for these changes.
- Learn about their plan to contact parents about positive cases and potential exposure.
- Review your child's emergency contacts or pick-up person to ensure this doesn't include anyone who is at high risk for serious illness from COVID-19.
- Write your child's name on your their mask.
- If your child has an Individualized Education Program (IEP), 504 Plan, or receives other educational support, ask their school how these accommodations will continue.
- If your child received any special services, like speech, physical or occupational therapy, or mental and behavioral health, ask the school how these services will continue.

Returning to School

Going back to school this year will be full of new experiences and rules that your child might not be used to. In addition to talking with them about these changes, developing a regular before and after school routine can help them cope with these changes. The following suggestions are good practices to include in your child's routine.

- **Check in with your child each morning** to see if they have any common COVID-19 symptoms. If they have a temperature of 100.4° or higher, they should not go to school.



- Pack face masks, hand sanitizer, and a water bottle in their bag every morning



- Washing their hands and masks after returning home for the day

Managing Stress

In addition to the regular stress of returning to school, this year students will have to cope with many new challenges. While paying attention to your child's physical wellbeing, it is important that you also address their mental health too. Some things to consider include:

- Talking to your child about how school will look very different from normal including separated desks, teachers maintaining distance, and potentially eating lunch in their classroom.
- Ask your child about how school is going to gauge how they are dealing with these changes while communicating that these feelings are normal.
- Be prepared for behavioral changes like excessive crying, irritation, worry, or sadness as well as unhealthy eating and sleeping habits, or difficulty concentrating.
- Check if your school has mental health services and how to receive support for your child.
- Be a role model for your child by taking breaks, getting plenty of sleep, exercising, eating well, and staying socially connected.