

D is for DETAILS

You probably have questions about safely going back to school. That is OK.

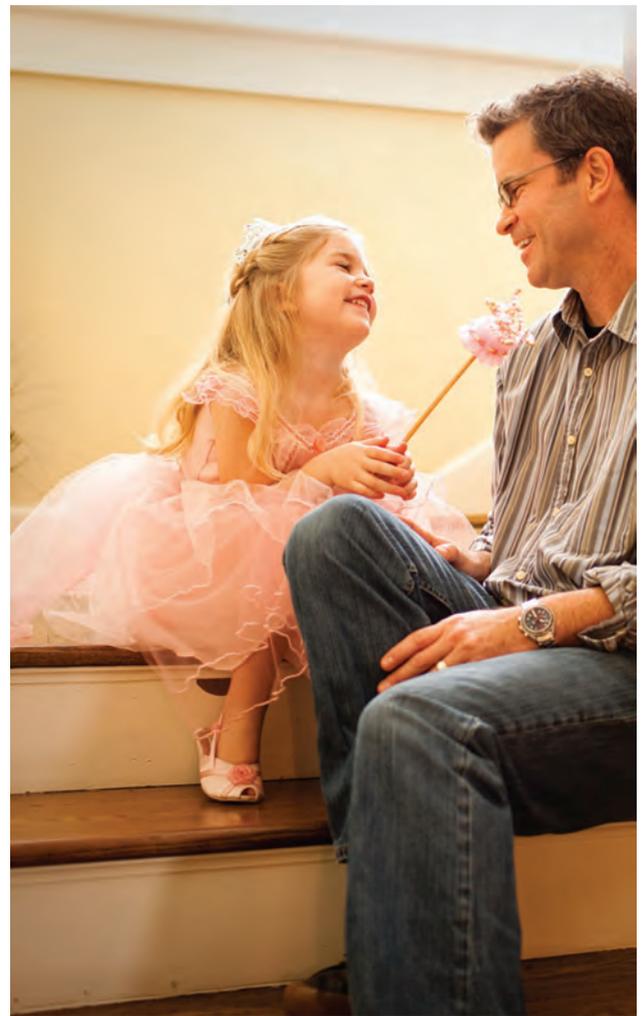
It might be helpful if you know the details of the school's back-to-school plan. You can ask questions, but maybe you need a little help knowing what to ask. Here are a few ideas to get you started:

- Will my child have to wear a mask at school?
- Will my child stay in the same classroom all day?
- Will they get recess? (We think play is very important.)
- Will my child need to bring his or her own lunch each day?
- Will my child need a lot of new school supplies? Who can help with this?
- How often will my child's classroom be cleaned?
- Will my child be scared at school? Who will comfort him or her?
- What will happen if someone in my child's class (or school) tests positive for COVID-19?

Questions?

For more resources and the latest information on COVID-19, visit rileychildrens.org/coronavirus.

If you have questions regarding your child's unique and specific needs, please consult your physician for guidance.



The ABCs of Back to School During COVID-19



Riley Children's Health
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A is for ATTITUDE

When you are excited or happy about something, your children can sense this and will often share the same emotions. So that means when you are anxious or scared, your children can sense this too.

When talking about going back to school, it is important that you talk to your children with a positive attitude. If you are feeling worried and need to talk about it before you talk your children, please check in with school staff or your doctor to help you. Remember, your children are always listening (even when they don't act like it), so make sure they are not around when you are talking about these worries.

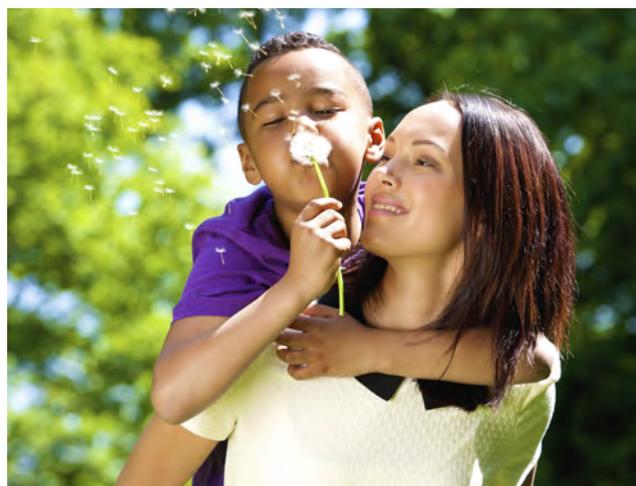
Even if you are always positive when you talk about returning to school, your child may still be worried or have fear; **that is OK**. Listen to their concerns and ask them what would help. Each child is different and if you have more than one child, they may each respond differently.

If you don't know how to help your child, reach out to your family doctor or school staff.

B is for BALANCE

As your child returns to school, he or she will probably be excited to see friends. It might be hard to remember social distancing or not hugging their friends. **That is OK**. You can still talk about the importance of keeping their distance because there are still big germs and we need to be careful. Remind your child that it is OK to say "Hi" and talk to their friends, give air hugs (or air high-fives), and create new ways to say hello and be together without touching.

Being together also means you may start to see some symptoms that might make you worry. If your child has any symptoms—such as a fever, cough, upset stomach or anything that is not normal for them—you should contact your child's doctor to find out what you should do next. Remember, there are other germs out there and they can cause the same symptoms as COVID-19. It is better to contact your child's doctor to be sure you are keeping everyone safe.



C is for COMFORT

If your child is going back to school in person or virtually, it will be comforting to keep your back-to-school traditions (picking a new backpack, special supplies, new school shoes or first-day-of-school pictures). It might look different this year, but doing something normal is good because your child may be excited to go back to school.

Masks ... and comfort? It can be possible, but it means you may need to help your child practice wearing one. Some children may not have any fears of wearing a mask; if so, great. Other children may have a lot of fear about their mask. **That is OK**. If your child is having trouble, here are few tips that may help:

- Let him or her pick out their own mask (if possible)
- Practice wearing it around the house for short amounts of time
- Let him or her put a mask on their favorite stuffed animal or doll; use an extra mask or let them make their own mask for their toy
- Let them see YOU wearing a mask
- Wear masks as a family when you go out or around the house while playing, cooking or watching TV