

How Can I Make Returning to School a Success for My Child?

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Sending Your Child to School

While the school district is taking lots of precautions to keep our students safe, there are things we can do at home to help support these measures.

Wearing a Mask

For useful tips to help get your child comfortable wearing a mask, check out [Tips to Make Kids More Comfortable With Masks, Broken Down by Age](#)

Have options for masks - one of the best ways to get children to cooperate is to provide them with choices. Allowing them to feel some sense of control is important in their development and will also help ease any tendencies for defiance.

Social Distancing

It is important to differentiate between wearing a mask and social distancing - wearing a mask is not a “green light” to get physically close to or to touch others. Explain to your child that while they may have hugged their teacher or friends in previous years at school, this year they will need to come up with a different, more creative greeting such as an “air high five” or “air hug”.

For a YouTube video that explains “What is Social Distancing” for younger children through animation and examples visit: <https://www.youtube.com/watch?v=KXUT62G-IcU>

Coughing & Sneezing

Work on proper techniques for coughing, sneezing and nose blowing so that they are prepared when the occasion arises at school or in another public location. Have your child practice through role play and modeling - “If you need to sneeze in the middle of class...you can...” and model the most appropriate way to sneeze, or cough. Remind your child to give space to other children (or adults) who are coughing or sneezing. Role playing this scenario will be beneficial as we do not want our children over reacting to others who may sneeze or cough throughout the day. No need to panic or become anxious, just quietly provide the other person with some space (e.g., take a step to the side or back).

Do a Morning Symptom Check as Part of Your Daily Routine

Even if your child is not attending school every day, a daily morning symptom check may help prepare you and your family for what may soon be a daily school day routine. Take your child’s temperature every morning - you can ask them to read the temperature to you or take your temperature as well to get them more involved and create a hands-on learning experience. Currently, the district is asking that you keep your child home if they have a temperature of 100.0 or above, or they are displaying any symptoms of an illness. A symptom table is available on the district web-site here: http://www.bsd.k12.pa.us/Roadmap_Health_wellness.aspx.

A morning symptom check should include a temperature check as well as verbally checking for the presence of symptoms (and/or through observation for more obvious signs/symptoms). Simply asking your child if they have a sore throat, cough, headache, etc. may be sufficient enough. For younger children you may want to have them explain back to you what each of these symptoms might feel like so you can be sure they know what you are asking.

For additional ideas on how you can help your child develop healthy, safe habits throughout the school year visit these resources:

[7 Ways to Introduce Wearing a Mask to Your Child](#)

[Make Hand Washing a Family Activity](#)

[Sneezing and Coughing Safely by Grover](#)- a YouTube video for younger children