



# September: Back to School

## WHAT PARENTS AND CAREGIVERS NEED TO KNOW

The return to school after a year of virtual learning and with the COVID-19 pandemic ongoing can be stressful for both you as the caregiver and your child.

Here are some ways to support your child:

1. Ask your children how they are feeling about being back in school. Actively listen and validate their emotions and experiences, even if different than your own.
2. How do I use validation and acknowledgement with my child? You can say “I know you are afraid” and “I understand why you might feel this way, let’s talk about this together” instead of ignoring or dismissing your child’s concerns.
3. When talking about COVID-19 and other societal stressors, remember to point out the ways you as a family are working to stay safe. This can help your child to feel reassured in a time of uncertainty!
4. Create and practice healthy habits and routines at home. Examples include mindfulness, nutrition, play, and rest.
5. If your child is struggling with the adjustment back to in person learning, share your mental health concerns with your school’s wellness team (contact information below)

### Additional Resources

- [Back to School Resources](#)
- [Supporting kids with grief related to COVID-19](#)
- [Supporting Kids with the Challenges of Reopening](#)