

Transitioning back to school - Parents and caregivers (of Juniors)

Have the conversations - Your daughter may have worries about returning to school. Be open and available for these conversations (which may not be when we expect or want them to be).

Assure them that:

- Experiencing mixed emotions about returning to school is okay.
- Everyone at school is working hard to keep students and staff safe.
- If people are unwell, they will stay home or will be asked to go home.
- Reinforce good hygiene practices.

After school

Talk about their day; what they enjoyed, what worries came up and how they dealt with them, and what they are looking forward to tomorrow. Share about your day.

- Allow for quiet/down time if your daughter is more tired than usual.
- Be available for, or schedule, family time as your daughter may be missing you and the time you have spent together – even if they don't say it!

Prepare for known and possible upcoming changes

- This could include process and procedures that the school has communicated or changes in your family's drop-off or pick-up plans.
- Talk about the use of masks and their feelings around them.

Re-establish routines

- If not already support your daughter to return to usual wake up, bedtime routines and sleep times.
- If appropriate, encourage your daughter to prepare her uniforms/sports gear/learning tools and resources to help cultivate a calm readiness the night before school.
- It may be harder for some children when saying goodbye to their parents. Talk about how it might feel different and allow more time in the morning for this.
- Plan and talk through any differences to their usual drop-off/pick-up routines.
- Talk about and plan who your daughter will go to if they have any questions or concerns at school.

Coping strategies - Model positive coping strategies when feeling stressed or uncertain, such as regular exercise and breathing techniques, reconnecting with friends before returning to work/school, using a gratitude journal. If it applies, you may want to share your own feelings, any worries, ways of managing these.

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We are all in this together / We got this, fam!