

Preparing Yourself and Your Family



### Return to In-Person Learning: Factors to Consider

1 Know the real facts about transmission of Covid 19

Learn about preventative measures to reduce transmission

Learn the facts about the vaccine

Inquire about safeguards that your school district has in place

Learn about the benefits of in person vs. virtual learning



#### Making the Decision: Sources of Information



Child's pediatrician

Trusted news source – not Facebook

CDC – with realization that information does change

Trusted and <u>Informed</u> family or community member

#### The Decision Questions



Is it based on up-to-date facts

Are you feeling pressured by what others are doing

Have you sought answers to issues that concern you

What choice is best for your child's overall health, safety and social/emotional development

## Schedules and Routines

In August start adjusting

- Bedtimes
- Mealtimes
- Reading/Study times





#### Be Prepared for Adjustment Period



After months of virtual/hybrid you may be back to:

- Getting kids up and dressed
- Preparing snacks/lunch
- School projects
- After school activity schedules

# Return to School Impacts the Whole Family

#### Think about your own:

- Anticipation
- Excitement
- Questions,Fears/Concerns

Think about your child's

- Anticipation
- Excitement
- Uncertainties



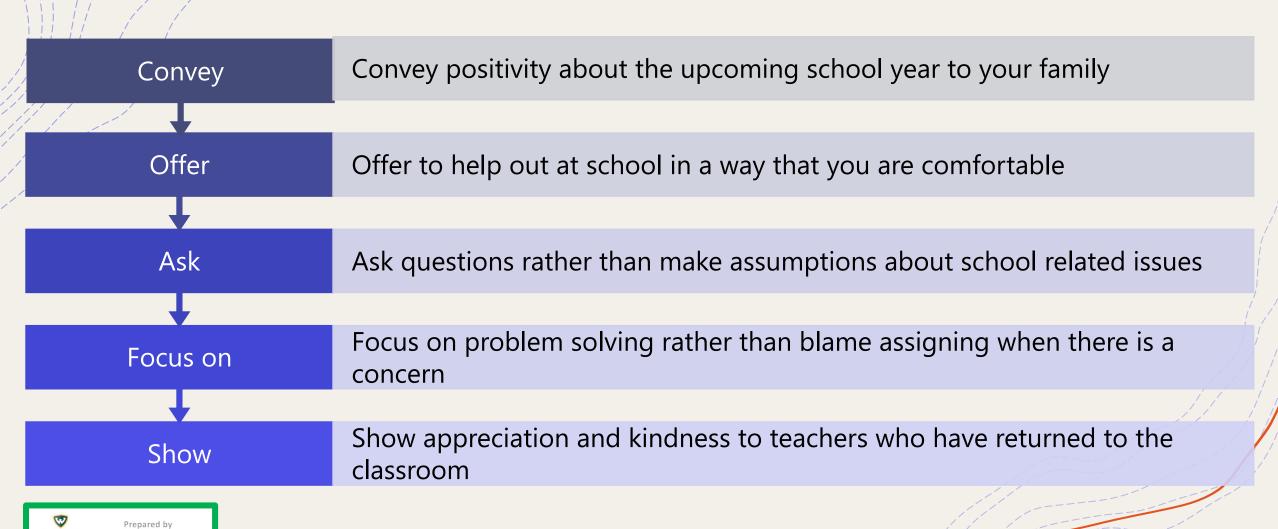
# Working Collaboratively with School



- Schools are adjusting also. Remember:
  - The classroom environment has to make some adjustments/changes
  - There will be a settling in period
  - Educators have additional Covid related responsibilities
  - Exposures may occur



#### Setting the Stage for A Good School Year





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