

Returning to School: Supporting Emotional Wellness

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Try to be positive and
encouraging
about school's reopening!



Stay positive and emphasize all of the reasons we are happy to be back at school!

Ask children what they're looking forward to about school:

- ❑ See old friends
- ❑ Make new friends
- ❑ Meet our new teacher
- ❑ See our new classroom

Encourage children to express gratitude:

- ❑ What is something positive that happened at school?
- ❑ What was something to be thankful for today?

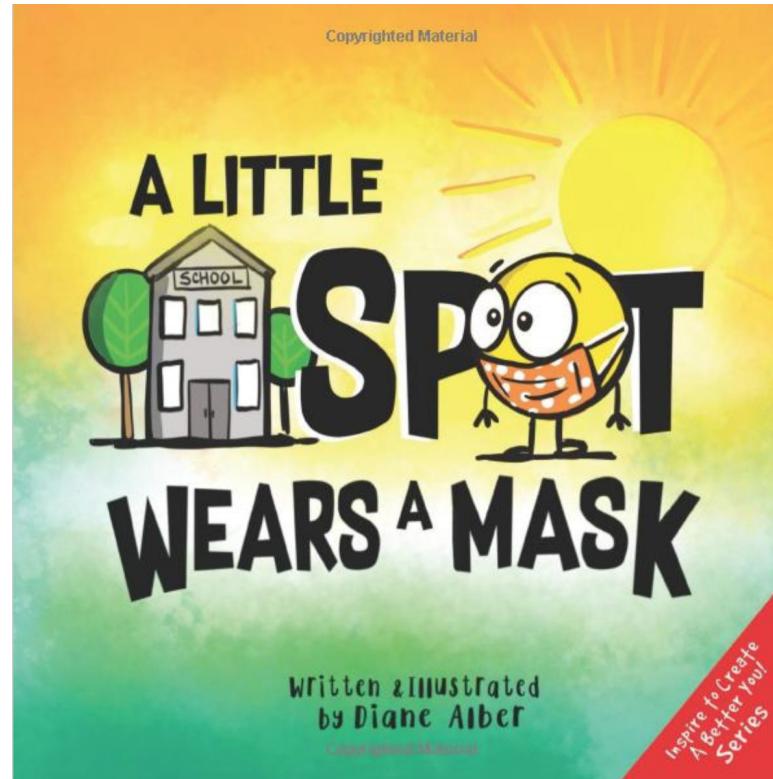


Changes at school to help us stay safe:

- A/B Schedule (smaller classes)
- Hand Washing
- Mask Wearing (with mask breaks)
- Social Distancing
- Lunch in the Classroom
- Flexible Thinking (plans might change)

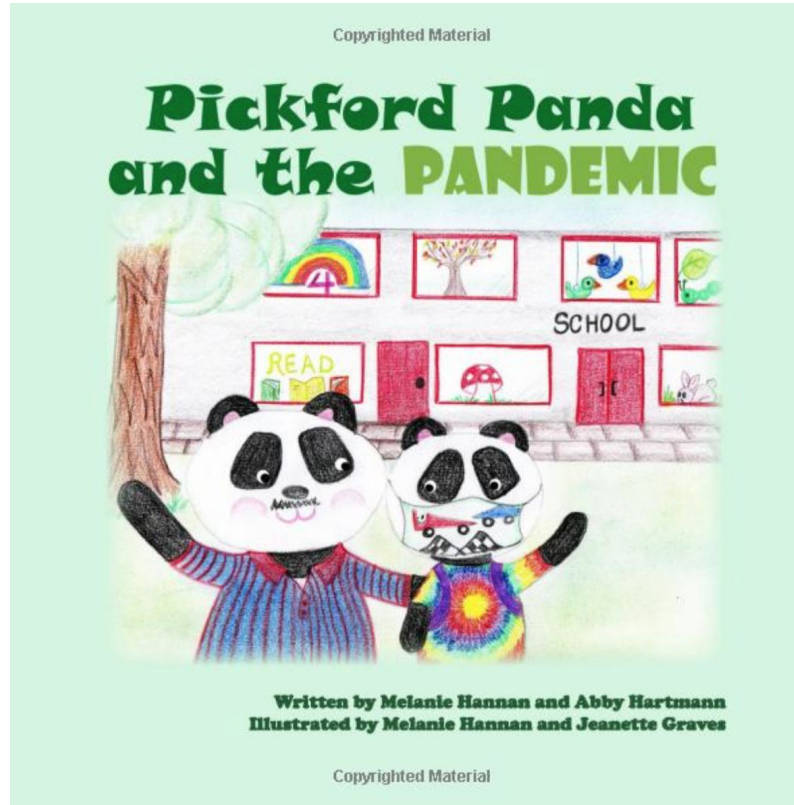
Keep explanations of guidelines short and clear.
Allow children to ask questions.

Book Recommendations



A Little Spot Wears a Mask
by Diane Alber

Book Recommendations



Pickford Panda and the Pandemic
by Melanie Hannan & Jeanette Graves

Approaching
conversations with your
child about returning to
school:



Ask Open-Ended Questions

*How do you feel about
going back to school?*

vs.

Are you ready to go back
to school?

Allows your child to accurately communicate their feelings.

Validate Feelings

- Empathize with your child's feelings
- Restate emotions and concerns
 - "I understand you're feeling nervous about going back to school. Let's talk more about that..."

Model Calm Behaviors & Reassure Safety

- If parents are experiencing negative emotions, be sure to model appropriate coping strategies
- Children often model our behavior and feelings
- Staying calm and positive will help to reassure your child that they will be safe at school

Shifting our Focus to What We CAN Control

- Wearing a face mask
- Washing our hands
- Keeping socially distanced
- Responding in a positive manner to others

When talking with children
remember to be:

- Honest
- Accurate
- Age-Appropriate



Am I going to get coronavirus?

“There are very few children getting coronavirus so it is unlikely you will get sick.

We have new school routines like wearing masks and social distancing to help keep everyone safe.”

Will school buildings close again?

“We don’t know. Parents and adults at school will decide if learning from home is the best way to keep everyone safe.

I will let you know when I hear more about it.”

*It’s ok to say “I don’t know”
Tell children you will get back to them with more information

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