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PROJECT AWARE
Empowering Youth • Healing Communities

SNAPSHOT OUTLINE:

1. Return to School Checklist for Parents and Caregivers
2. Going Back to School During COVID Resources

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1) Communication:

- Explain to your child that their learning environment may look different
- Listen to any questions your child might have (CDC, 2020)
- Ask your child about how they are feeling (CDC, 2020)
- Find the best way to communicate with your child's teacher

2) Safety Measures:

- Encourage hand washing at home and school (CDC, 2020)
- Help your student understand physical distancing by demonstrating what 6 feet apart looks like
- Consider buying soap and hand sanitizer that appeals to your child (Forrer, 2020)
- Practice physical distancing together as a family (CDC, 2020)

3) Schedule/Routine:

- Consider creating a schedule with your child to help them transition back into the school year (CDC, 2020)
- Limit use of phones, televisions, and computers when it gets closer to bedtime (Forrer, 2020)
- Set out things the night before that your child will need in the morning (Myers, 2018)
- Consider purchasing an alarm clock for your child

4) Masks:

- Encourage your child to practice wearing their mask at home so they can get used to it (CDC, 2020)
- Purchase or sew more than one mask for your child to wear (CDC, 2020)
- Label your child's masks with permanent marker (CDC, 2020)
- Wash the masks frequently so that your student has a clean one to wear each day (CDC, 2020)

5) At-Home Learning:

- Find a quiet spot in the house where your child can have their school desk area (CDC, 2020)
- Help your child log on or sign into their virtual classroom
- Frequently monitor your child to check for understanding (AOTA, 2020)
- Set a timer so your child can have breaks throughout the day (AOTA, 2020)

American Occupational Therapy Association. (2020). *Tips for Families: Helping Children and Adolescents Transition Back to School.* AOTA. https://www.aota.org/~/media/Corporate/Files/Practice/back-to-school/Tips-for-Families.pdf

CDC. (2020, July 20). *Back to School Planning: Checklists to Guide Parents, Guardians and Caregivers.* Centers of Disease Control and Prevention. https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html

Forrer, A. (2020, August 24) *10 Covid-19 Back to School Tips.* Emerson Hospital.org. https://www.emersonhospital.org/articles/back-to-school-during-covid

Myers, P. (2018, August 12*). Back to School: How to Get a Good Routine Going.* The Child Development Institute. https://childdevelopmentinfo.com/how-to-be-a-parent/back-school-get-good-routine-going/#gs.ewifdk

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Additional Resources for Going Back to School

National Association of School Psychologists (2020). *Helping Children Cope with Changes Resulting from COVID-19.* https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19

UNICEF (2020, August 28). *Supporting your Child's Mental Health as they return to School during COVID-19.* https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return

See the following additional guidance on learning during Covid-19 from the Centers for Disease Control & Prevention (CDC):

CDC (2020, July 23). *Checklist: Planning for Virtual or At-Home Learning.* https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Back-to-School-Planning-for-Virtual-or-At-Home-Learning.pdf

CDC (2020, August 14). *Checklist: Planning for In-Person Classes.* https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Back-to-School-Planning-for-In-Person-Classes.pdf