Check in with your child. You can ask:

- How do you feel about going back to school?
- Is anything worrying you?
- What was a fun or hard part of today?
- Is anyone teasing you or bullying you?

Create a new routine together. Talk about how to stay healthy through:

- Exercise and sleep.
- Good nutrition and hydration.
- Screen time management.

Pay attention to your child’s:

- Moods and feelings.
- Behaviors.
- Attitudes about school.

If you see changes or have questions, talk with your child’s teacher or doctor.

To encourage your child:

- Stay calm and supportive.
- Help your child name emotions.
- Focus on positive things.
- Share why your child is special and why you are proud of your child.
- Draw and write together.
If your child is anxious about separation:
• Listen to their concerns.
• Practice short times apart.
• Create a good-bye routine.
• Send them a special note or photo in their backpack.
• Assure them you will miss them too.

If your child is anxious about safety:
• Listen to their concerns.
• Share safety steps they can take.
• Answer their questions honestly.

When you talk to your child’s teacher, share your child’s:
• Strengths and challenges.
• Ways of dealing with stress.
• Questions and concerns.
• Interests and talents.

If you need more support, find out how to:
• Contact school counselors or psychologists.
• Find resources to address stress, anxiety, trauma or abuse.
• Connect with other families.

Adapted from ColorinColorado.org

This resource and and other family engagement resources are available by contacting the Kansas Parent Information Resource Center (KPIRC)

A Project of the KSDE Technical Assistance Systems Network (TASN)

www.ksdetasn.org/kpirc
Toll-free: 1-866-711-6711 or Local 785-783-2975