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# FREE GUIDE:

## Helping kids transition back to in-person learning

### Strategies for minimizing stress while easing into new routines

**1. Adjust back in to a school-based sleep schedule** Virtual school has afforded kids the chance to sleep in. However, going back in-person school means needing additional time to get dressed, eat breakfast, and transportation. Before going back full-time, have your child wake up earlier to ease back into the earlier morning routine. Also, you might consider moving up bedtime to account for lost sleep.

**2. Discuss their concerns or fears.** Going back inside of school after such a long hiatus may terrify some kids. Worrying about catching COVID19 may also be on your child's mind. Have an open conversation and listen to their fears so you can help ease whatever is concerning them.

**3. Explain mask etiquette.**

Make sure your child knows to keep their mask on at all times, and that they know the importance of doing so to keep themselves and others safe. If necessary, have your kids wear their mask for short periods at home so they can get used to it.

**4. Review classroom etiquette.** In addition to masks, it's also important to carry hand sanitizer around... and actually use it! Also, they should be mindful of keeping distance between them and their classmates. Kids are less-inclined to be mindful of "personal space" and now more than ever, keeping their distance will keep them, their friends, and teachers safe.

**5. Go over new procedures at the school.** From temperature checks to having new ways of moving about the buildings, talk about what changes they should expect and how things will look different than last previous years.

**6. Be available to calm jitters.** If able, schedule a shorter workday on your child's first day so you can see them go on and off the bus or pick them up from school. For some this may not be possible, so perhaps plan a special dinner or dessert for the family to celebrate getting through the first day.

**7. Meal plan.** Have snacks and meals planned out ahead to make the week feel more organized and to have one less thing to worry about.

**8. Communicate with your child's school.** Remember that their school also wants these transitions to go as smoothly as possible. If you have concerns or want some help in transitioning your child to in-person classes, communicate with their teacher or counselor. **We're all in this together!**

<https://www.ssmhealth.com/blogs/ssm-health-matters/august-2020/tips-for-a-smooth-transition-back-to-school>  
<https://www.athletico.com/2020/09/09/tackling-the-transition-back-to-school-guide-for-parents-students/>  
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