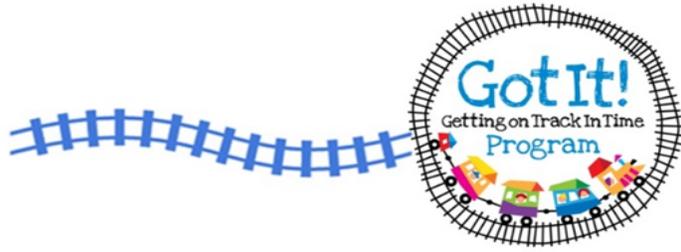


Got It!



Returning to school – tips for caregivers

Worried about your child returning to school?

Back to school facts:

- Face-to-face learning with a trained educator is important for child health and wellbeing.
- Children learn better when physically at school with their peers.
- Daily connection to peers and your school community fosters your child's social and emotional development.
- School staff are there to keep your children healthy and will model safe behaviour.



Masks:

- School staff are required to wear face masks and it's strongly recommended that primary school students wear face masks when indoors.
- Teachers will be utilising frequent opportunities to ensure that children wearing masks feel comfortable and are supported by their peers.
- If your child is feeling worried about the reactions of others for wearing or not wearing a mask, validate their emotions and let them know that they can talk to you or their teachers.
- Some people will be able to wear masks easily and others may have a more difficult time. Let your child know that the reasons for this are not always visible or obvious. Encourage empathy and kindness.

Adult worries vs child worries:

- Feelings of stress, anxiety or uncertainty about school return are normal. Acknowledge your own worries and focus on what is within your control.
- Avoid introducing your own worries to your child where possible. Instead discuss your concerns with your adult support network (e.g. partners or spouses, teachers etc.) out of your child's presence.
- Remain calm and let your child know that the big problems will be managed between adults, they can focus on learning and fun.

