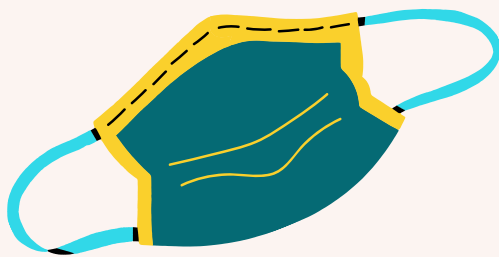


WAYS TO PREPARE YOUR CHILD TO RETURN TO SCHOOL

There will be many changes as this new school year begins, here are some ways you can prepare your child for a smooth transition into the school year.

Practice Personal Bubbles

This is hard for young students, especially since physical contact is so nurturing. Teach them non-contact greetings like waving and distance fist bumps or air hugs as an alternative to hugs and high fives.



Practice Wearing Masks

Help your child pick out a mask that is comfortable and properly fitting. Then practice wearing it around the house for periods of time, start out with 5-10 minutes and build up to wearing it for a few hours at a time. If the mask seems uncomfortable try a different size or design.

Insist that they stop picking their nose

These days, picking your nose is not just gross, it's a very risky behavior. There are few more direct ways to get germs in your body than inserting your finger into your nostril. Instead, teach your kid to use a tissue, throw that tissue away, and then wash hands thoroughly.

Teach them to properly wash their hands

Demonstrate how to wash your hands the correct way and have them do it with you. Use warm water and soap making sure to focus on getting between the fingers, back of the hands, and palms. Pick a song to sing that is roughly 20 seconds long like the ABC's and make them wash until the song is finished.



Explain WHEN to wash hands

It's just as important to teach your child WHEN to wash their hands as it is to teach them how to wash their hands. Most kids know to wash their hands after they go to the bathroom, you'll need to teach them to wash frequently, after they've touched something like doorknobs and recess equipment, after sneezing or blowing their nose and definitely before they eat.

Practice opening lunch items

Children often need help opening lunch and snack items. Teach your children to open them or try easy open alternatives.




Reusable water bottles, lunch boxes, twist off pouches, and ziplock bags are easier to open and can be a good alternative to some hard to open items.

Items like milk cartons, juice drinks, twist off caps, lunchables, snack bags, Gogurt, slim jims, individual apple sauce or fruit containers are harder to open, make sure to practice these.

Children want to know why

Children, like adults, are much more likely to buy in and prioritize doing something if they understand the reasoning behind it. You may feel that your child is too young to discuss issues like COVID-19, but you can share the importance of these behaviors without causing them to worry. Begin by explaining that everyone has germs, and these are ways for us to stay healthy and keep everyone around us healthy too. Children are surprisingly intuitive and incredibly resilient. By teaching these skills and giving them time to practice before school begins you're helping them build competence and confidence in themselves.



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Is a public awareness and education campaign to build resilient youth in Addison County. Data from schools and organizations serving kids show low levels of resiliency among youth and a feeling of being undervalued in their communities. Counseling Services of Addison County, Addison County Parent Child Center, Building Bright Futures, the Vermont Department of Health, Vermont Department of Children and Families, all 3 school districts and many other groups and individuals are joining together and stepping up to change that. We believe that thriving communities and healthy families grow resilient kids.