

School Support Services

Back to School: Making the Transition to In-Person Instruction

Develop new Routines

Children feel more secure when they know what to expect!

Shift your schedule gradually by changing wake up times, meal times, etc.

Walk through the new routine with your child to include touring their school, if possible.



Many children have participated in virtual instruction due to COVID-19 restrictions. Returning to in-person instruction can result in many feelings to include excitement, anxiety, and even fear. Parents can support their children as they adjust to their return to school.

Provide Time for Adjustment

It will take time for children to get used to new rules and expectations.

Things may get worse before they get better.

Remember, your child will pick up on your emotional cues. Try to be positive and approach your child when you are calm.

Build time to process with your child daily by asking open ended questions on how they are feeling and what they are experiencing.

Safety

Prepare your child for safety routines at school such as frequently washing their hands or using hand sanitizer by reinforcing them at home. If your child's school requires masks, practice wearing them for longer periods of time. Remind them that the mask must cover the nose and mouth for it to do its job.



When to ask for help...

If you notice a behavioral change in your child and/or you are concerned about their adjustment, do not hesitate to reach out for help. Teachers, school counselors, principals, and pediatricians, are all available to help support you and your family.

Who to Contact

Need help connecting with your child's school? Contact your local school liaison officer for assistance and your family.



UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND
For more information visit ArmyMWR.com/cys-reopening

