

Returning to School After the COVID-19 Isolation

As your family begins transitioning back to “normal” life, it’s important to remember that normal likely looks different now, and this might be uncomfortable. Your child may feel out of practice or unprepared to be back in school after so much time at home. Here you’ll find some information on how to help your child cope with these changes and have a successful year.

Monitor Mental Health

In many ways, the pandemic was, and continues to be, a traumatic event for everyone. Be on the lookout for signs of anxiety and depression and help your student deal with lingering mental health concerns.

Look for signs of anxiety and depression - Irritability, clinginess, frequent physical ailments such as headaches or stomachaches, not seeming like him/herself.

Talk about it. Regularly talk to your child about his/her feelings. Many students may be reluctant to talk about their feelings, or let on that they’re scared. And that’s okay. Reassure your child as much as possible that you’re there to talk to, and that you and the school are doing everything possible to ensure your student’s health and safety.

Get Back in the Swing of Things

Whether your child is ready to jump back into in-person school again, or is still feeling a lag from so much time away, it’s important to be patient with your student—and to remind him/her to be patient with others as well. Here are some tips for getting back into a successful school routine.

Encourage organization. It might be a little tough at first for your student to get used to his/her time being more structured again. Encourage your student to use a planner to record assignments, tests, and appointments. It also helps to make to-do lists.

Make sure your student practices good classroom and study habits. Encourage your child to participate in class discussions, use study time wisely, and keep non-class discussions to a minimum. Your student has probably missed socializing with friends, but when in class, it’s important that he/she stay focused and on task.

Encourage patience. Like you and your family, the faculty at your school has also gone through something very stressful. Be patient with the school as everyone gets back into the swing of things, and encourage your student to do the same. We’re all in this together!