

Preparing for back to school

With summer winding down and the pandemic still unfolding, the usual mixed feelings about returning to school and the continuing uncertainty mean that parents and children may face new emotional challenges as they prepare for the new school year. Anxiety about returning to school is normal. The tips below can help get the school year off to a great start.



Set up a new routine. If you are coming back from a fun-filled summer, children's sleep cycles may be off track, which can make returning to school even more difficult. Set them up with a schedule at least a few weeks in advance to build a comfortable morning routine, get their sleeping habits back on track and help them feel confident when school actually starts.



Get children excited for school. Remind them of the fun parts of school such as choosing schools supplies and seeing friends. Ask them what they are looking forward to and what they are nervous about. They may need help in reframing some of their thoughts to be successful.



Check in on their emotions. Talk to your children and give them the space to express their feelings. Be honest and encouraging and set a positive tone for the future. Continue to check in with your child throughout the school year and discuss any concerns with your child's teachers.



Familiarize yourself with any new school rules. Make sure to go over school expectations before school starts and help your child understand the need to be flexible as schools work out which protocols work best for your community.

For more information and tips, visit www.magellanhealthcare.com/covid-19.