

COMING BACK FROM COVID-19



Back to school tips for caregivers and families from the CFYCD After School Program

Talk About It



- Take some time before the first day of school to talk to the children in your home about returning to school. What things make them excited? What things make them nervous?
- Be a good listener and let children know that they can talk to you about how they feel.
- Ask children about their day when they get home from school. Talk about what went well and any problems or concerns they have.

Plan Ahead



- Gather as much information you can for the new school year and talk about plans together as a family. This may include information about teachers, transportation, COVID-19 precautions, and the After School Program. Finding this information before the first day will help your child to feel less nervous about going back to school.
- If your child will be in a new school or building this year, consider driving or walking past the building before the first day.

Hi!

It's OK to Be Nervous



- After being away for a long time, children may be nervous about being back in school with other children, following a schedule, or about COVID-19. This is a normal feeling!
- If your child is nervous about going back to school, talk to them about the specific concerns they have and work together to come up with some ideas of what to do in those situations. For example, if your child is nervous that they won't know anyone in their class, you could talk about some ways to make new friends.

It Might Take Time to Get Back to Normal



- Understand that everything might not be perfect on the first day and it might take some time to figure out new routines for the school day.
- Change can be hard for children and adults and some of us may be nervous or cranky until we get used to our new routines.
- Try to be patient if your child is having a hard time getting used to going back to school.



Try to Be Flexible

- Things may still change with COVID-19 and going back to school, so be prepared to adapt as best you can if changes are necessary.
- Keep in touch with your child's school and with the After School Program so that you can be aware of any changes and help your child manage them.

Have a Routine



- Daily routines can help kids and adults deal with the changes of going back to school.
- Small things, like picking out clothes and getting backpacks ready the night before can help relieve stress and make things easier in the morning before school. Have a regular routine of what you do on a school night and what you do in the morning before school.

WE CAN HELP



The CFYCD After School Program can help you with questions about:

- Child care
- Housing
- Food
- Homework Help
- Transportation
- English language help
- Loss of a loved one
- COVID-19 questions

Your contact person for the After School Program is:

If you would like to speak to someone in Spanish, please contact:



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