

Managing the Stress of Sending Kids Back to School **In-Person**

Look for the following that may be indications of emotional distress:

- ▶ Irritability/Anger
- ▶ Fear/Anxiety
- ▶ Stomach aches
- ▶ Separation Anxiety
- ▶ Acting Out
- ▶ Regressing in age appropriate activities
- ▶ Refusing to leave the house

Educate and Comfort

- ▶ Put yourself in their shoes when talking about school and be sensitive to all the adapting they have done.
- ▶ Use simple terms and easy metaphors. They do not have the capacity to understand reasoning the way adults do.
- ▶ Be aware- they may have an increase in fear over germs and death.
- ▶ The CDC site has information about how to talk to kids about COVID-19.

Practice Procedures

- ▶ Ask the school what procedures will change or stay the same.
- ▶ Start practicing school safety measures and procedures at home.
- ▶ Have them wear masks throughout the day and make a game out of it.
- ▶ Create mock hand sanitizing stations and tell them when to use it throughout the day.

Ease their Worries

- ▶ Listen to them and find out what they know and what they think is happening.
- ▶ Teach relaxation like kid-friendly yoga (try the Super Stretch app or Cosmic Kids YouTube Channel).
- ▶ Practice mindful meditation (try Smiling Mind app).
- ▶ Validate them, "I can imagine how scary this is, how can I help?"

Contact Perspectives EAP for additional resources on childcare.

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