

Social and Emotional Wellbeing

School will look different, so talk with your child about what to expect.

Communication is key:

Once underway, ask what school is like and about interactions with classmates and teachers.

Anticipate behavior changes in your child. Watch for excessive crying or irritation, worry or sadness, unhealthy eating or sleeping habits, difficulty concentrating.

Ask school about plans to address stigma related COVID-19.

Identify a point of contact for any mental health services provided by the school district.

Be a role model for your child by practicing self care, such as: taking breaks, getting plenty of sleep, exercising regularly, eating well and staying socially connected from a distance.

