Learning Care group

Preparing Your Child to Return to School

As you prepare for your child to return to school, we want to encourage you to take the time to *emotionally prepare* them for the changes that are taking place in your school. To help maintain the safety and health of everyone, your child's teachers will be required to wear masks all day. We understand that this can be scary and confusing for children of all ages. Below you will find guidance to help your child prepare for these changes. This includes talking with them about masks, answering any questions they have, and ultimately, getting them comfortable with the masks themselves.

Talking to your child about facemasks:

Talk to your child about the changes that are taking place in school. Inform them that their teachers will now be wearing facemasks all day to help keep them safe! It is important to reassure children and emphasize that the masks are to keep them safe. Helping children prepare for the changes will allow them to transition back into school with ease. It helps minimize the fear of the mask itself.

Answering their questions:

- Use clear and simple language when talking about the mask
- Explain masks in terms your child will understand. For example, "Sometimes people have to wear masks to keep others safe, like doctors, nurses, and even your teachers!"
- Explain that masks help stop the spread of germs and keep everyone healthy
- Give your child the opportunity to see you in a facemask, try one on themselves, or see pictures of professionals wearing facemasks

Getting them comfortable:

There are things that you can do to help your child feel more comfortable with the idea of masks. Some of those activities include:
- Put a mask on your child's favorite stuffed animal
- Decorate a mask to make it more fun
- While wearing a mask, look in the mirror and talk about it with your child
- Read the Social Story created by Learning Care Group to help your child become more familiar and comfortable with masks

Positive Behavior Support
RESPOND ● REFRAME ● REINFORCE