



VIRTUAL CHILDCARE PARENT SUPPORT SERVICES

SPECIAL EDITION EASING THE TRANSITION BACK TO SCHOOL

HELLO PARENTS,

A big question you may have is, "How do children go back to school safely during this COVID-19 pandemic?". These are not regular every day circumstances, and the transition will be very different. Parents can be stressed, anxious and wonder how schools will operate under these unknown conditions. Children learn best when they are physically in school. However, returning to school in person needs attentive steps in place to ensure children's health and safety. In this newsletter, we are providing you with useful tips and reminders you can practice with your children during their transition back to school.

IF YOU CHOOSE TO SEND CHILDREN BACK TO SCHOOL, HERE ARE SOME HELPFUL TIPS AND REMINDERS:

- Have open and positive conversations about going back to school and reassure your child about safety measures put in place to keep everyone healthy.
- Talk to your child about what changes they may expect at school: different daily routines, people wearing masks, the need to keep safe a distance from others, etc.
- Remind your child they can also help prevent spreading of germs by washing their hands with soap and water, and coughing or sneezing into their elbows.
- Practice wearing face masks with your child.
- Focus on the positives (seeing their friends and teachers).
- Encourage independence, especially with younger children, to minimize separation anxiety.
- Drive by the school and talk about where your child's classroom might be, what they will be doing at school, etc.
- Pick up some books about the first day of school, read them together and have some back-to-school discussions.
- Pack some of your child's favourite foods, particularly for the first few days of school.
- Establish the back-to-school routine a few days before school begins. This includes sleeping schedules and nighttime and morning routines.

REMINDERS

WASH HANDS OFTEN

- Remind your child to wash their hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, they can **use a hand sanitizer**.
- Remind your child **to avoid touching their eyes, nose, and mouth** with unwashed hands.

AVOID CLOSE CONTACT

- Remind your child to stay 2m (6 feet) away from others.
- Practice with your child how far 2m is.

COVER YOUR MOUTH AND NOSE WITH A MASK WHEN AROUND OTHERS

- Remind your child to wear a mask when they are around people.
- Masks should not be placed on young children under the age of 2, or anyone who has trouble breathing.

COVER COUGHS AND SNEEZES

- Tell your child to always cover their mouth and nose with a tissue when they cough or sneeze, or use the inside of their elbow.
- Throw used tissues in the trash.
- Immediately wash hands afterwards or use a hand sanitizer.

MONITOR YOUR CHILD'S HEALTH DAILY

- Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

[Click here](#) to see list of symptoms of COVID-19.

ACTIVITIES FOR THE WHOLE FAMILY

MAKE YOUR OWN MASKS

MATERIALS:

- Piece of fabric (square)
- Two rubber bands

DIRECTIONS:

- This is a simple mask that requires no sewing.
- [Click here](#) for a video with detailed instructions.

[Click here](#) for more ideas.

MAKE GERMS SCATTER

MATERIALS:

- Ground black pepper
- Bowl · Water · Dish soap

DIRECTIONS:

- Fill the bowl with water and add a little bit of black pepper into it.
- Pretend the black pepper is "germs".
- Ask your child to stick their finger in the water and let them describe what happens. Did pepper ("germs") stick to their finger?
- Ask them to dip their finger in the dish soap and stick it into the water again. Talk about what happened now.
- Have a discussion together about how soap helps germs scatter and how to wash hands properly.

[Click here](#) to see another experiment.

READ BOOKS ABOUT THE FIRST DAY OF SCHOOL

Reading books about school is a great way to ease your child's discomfort and jitters about the first day of school and make the transition easier. Read the books together and ask your child how they feel about going back to school, what they are looking forward to, etc. Talk about your own experiences when you went to school for the first time. Below are some books that will help your child prepare for school. You can also check the [Windsor Public Library](#) for more titles that you can borrow.

[Click here](#) to read "First Day of School" by Anne Rockwell.

[Click here](#) to read "The Pigeon Has to Go to School" by Mo Willems.

[Click here](#) to read "B. Bear and Lolly Off to School" by A.A. Livingston.

[Click here](#) to read "A Pocketful of Kisses" by Angela McAllister.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

WE WOULD LIKE TO HEAR FROM YOU!
PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR
SUGGESTIONS TO CHILDCAREMAIN@NCCE1.ORG

ADDITIONAL RESOURCES

For the most up-to-date information from the local health unit, school boards, the Government of Canada and the Government of Ontario, please check the links below:

[Windsor Essex County Health Unit](#)

[Greater Essex County District School Board](#)

[Windsor-Essex Catholic District School Board](#)

[Le Conseil scolaire catholique Providence](#)

[Government of Ontario](#)

[Government of Canada](#)