

MENTAL HEALTH MOMENT RETURNING TO SCHOOL

Schools provide more than just academics to children & adolescents. For many children, schools are safe places to be while parents or guardians are working. For others, schools are where kids get healthy meals, access to internet, learn social & emotional skills & receive other vital services.

Whether your child is returning to school onsite or virtually here are steps you can take to empower yourself & your child:

WORK TOGETHER WITH YOUR SCHOOL

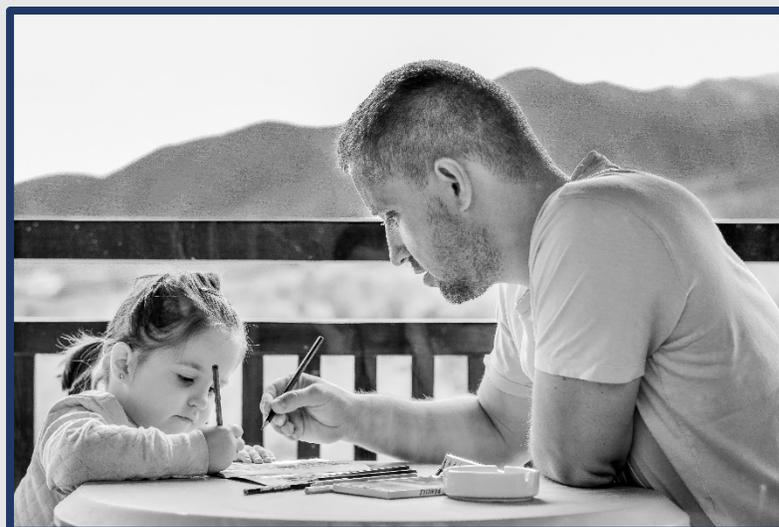
Going back to school this fall will require schools and families to work together even more than before. Schools have made changes to their policies and operations attempting to meet several goals: supporting learning, providing important services such as meals, cleaning and disinfection and managing extra curricular activities. While teachers and school staff encourage preventative behaviors it important for families to **reinforce these behaviors at home** and **talk to your child about changes to expect** this school year. Resist making repeated negative comments in front of your child.

BE PREPARED FOR VIRTUAL LEARNING

To maintain the safety of your child & others your child may have to attend virtually at times. Be prepared for this possibility by arranging for possible childcare options or making a list of needed resources. Communicate with your school if you do have the necessary technology or resources.

BE SENSITIVE TO OTHERS

Some families will elect to have their children attend virtually this year. Be sensitive to the fact that some children have underlying health conditions and/or may be immunocompromised. Don't make assumptions or judgments about others. Instead find ways to connect and support these children who may appreciate social connections for their children through a peer's email or letter writing.



BE A PART OF YOUR CHILD'S SOCIAL & EMOTIONAL HEALTH AFTER SCHOOL

Watch for & anticipate behavior changes in your child. Watch for excessive worry, crying or irritation or unhealthy eating or sleeping behaviors. Talk with you children about how school is going and let them know that what they may be feeling is normal. Diffuse stigma towards others that may be suspected of having COVID-19. If your child is attending virtually, ask your school about options for social connectedness.

(Source: www.CDC.gov)

Is your child struggling? In addition to the supports provided at your school, your child has prepaid counseling provided by the Bowen Center that can be provided onsite or over the phone.

BOWEN
CENTER



1 800 342 5653



www.bowencenter.org

Onsite & Tele-counseling is provided by the **Student Assistance Plan**
To schedule private and confidential counseling sessions: