



Returning to Child Care Tip Sheet

Children have experienced a lot of sudden changes over the past few months, and may experience difficulty returning back to their routine.

How Your Child May Be Feeling..

Excited/Happy – Some children may feel ready to return back to school and excited to see their friends and Teachers again.

Nervous/Anxious – Due to being away from their friends and routine structure, some children may feel uncertain about how school will look on their return.

Frustrated/Angry – Your child may be upset that they have to return back to school after being at home with their family.

It is important to remember that all of these feelings are normal and we all react in different ways.



Things to Do to Get Ready:

- Pick out a school outfit
- Start to wake up at your scheduled time for school
- Eat breakfast at your normal time
- Drive past CCDC to start getting your child used to the routine
- Incorporate a nap or rest time into your child's routine (12:30-2:30)
- Have conversations that let your child know that sometimes their Teacher might need to wear a mask, goggles, and gown
- Let your child know, you will not be able to go inside the Daycare and will need to say your goodbyes at the front door
- Talk about what your child is looking forward to doing at school
- Ask them how they feel about going back to school

Going back to your family's routine before COVID-19 will be a great way to a successful transition back to school.

Stay Calm, Listen, and Offer Reassurance

- Remain calm
- Pay attention to what children see and hear
- Teach your child everyday actions to reduce the spread of the virus
- Be a role model
- Be aware of how you talk about COVID-19
- Explain social distancing
- Demonstrate deep breathing
- Focus on the positive
- Establish and maintain daily routines
- Offer lots of love and affection
- Take time to talk to your children about their feelings
- Stay connected to school
- Model basic hygiene and healthy lifestyle practices

Additional Resources

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Anxiety Canada

<https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>

Ontario – COVID-19: Stop The Spread

<https://www.ontario.ca/page/covid-19-stop-spread?fbclid=IwAR0KFoLyed5k0rQdfBM79658YW1UepKNh5tehnX3l0Xd5W-DFEi-BD3laQk>

<https://www.ontario.ca/page/covid-19-stop-spread?fbclid=IwAR0KFoLyed5k0rQdfBM79658YW1UepKNh5tehnX3l0Xd5W-DFEi-BD3laQk>

Ontario Ministry of Health – COVID-19 Fact Sheet

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_talking_children_guidance.pdf

camh – Talking to children about COVID-19 and its impact

https://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf

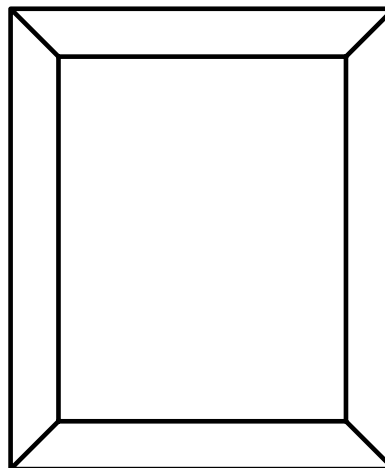




Back to school

Because of the virus I have been doing some learning at home. Now it is time to start going back to school. School might be a little bit different for a while. My Teachers might be different. Drop off and pick up might be different too!

The school I go to is:



Draw a picture of your school

Circle the things that you like doing at school:



I have not seen my friends face to face in a little while. It will be fun to see them and play again. Some of my friends are:

Circle the things that you like to do with your friends at school:



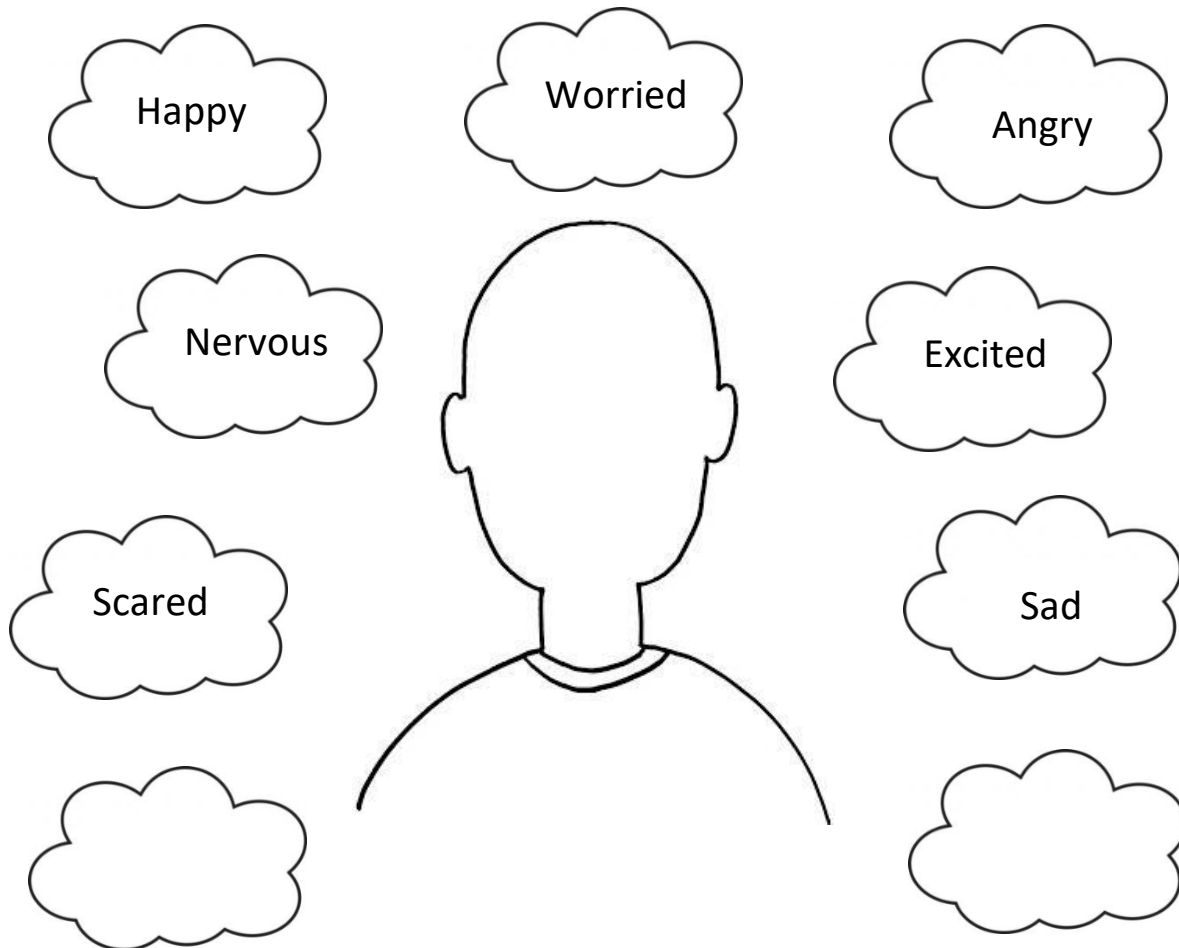
Draw your own



My feelings about going back to school...

Everyone will have different feelings about going back to school. Some kids may feel excited because they can see their Teacher or their friends. Other kids may feel nervous or sad. However you are feeling is ok.

Colour all the feelings you have about going back to school and draw it on the face:



At school I can talk to _____ about my feelings.

At home I can talk to _____ about my feelings.

Going back to school may take some getting used to but adults can try to help me.