

HELPING CHILDREN TRANSITION BACK TO SCHOOL



As we all prepare to transition back to in-person learning over the next few weeks, it's important to remember that children and teens heading back to school may need extra support. Whether learning is in the classroom or virtual, one thing is certain - this school year will be full of changes. If you notice any of the below reactions for an extended period of time, don't be afraid to seek guidance from Family Behavioral Resources, your child's primary care physician, school guidance department or teacher.

AGE-SPECIFIC REACTIONS TO STRESS/CHANGES

School-Aged (5-11)

- Physical complaints
- Fear of being away from parents or alone
- Withdraw from activities
- Decrease in energy and motivation
- Forgetful
- Difficulty concentrating
- Increase in irritability or defiant and whining behaviors

Adolescent (12-18)

- Increased agitation
- Decrease in energy
- Isolation from others
- Regression in skills (hygiene, speech or maturity)
- Physical complaints
- Changes in appetite
- Increase in defiant behaviors

HOW CAREGIVERS CAN HELP:

- Give children extra love and attention.
- Respond to your child's reactions in a supportive way.
- Make time to play with your child or allow some extra time for them to relax.
- Create a new and regular routine once school begins. Use visual schedules and easy-to-read clocks.
- Be honest but factual. Explain to your children what each day will look like.
- Ensure children, especially teens, are back to a routine sleep and eating schedule.
- Practice relaxation exercises.

For more information on how FBR can help, visit our website.

www.familybehavioralresources.com/locations/



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Helpful Resources

Social stories about wearing masks and returning to school:

<https://www.autismlittlelearners.com/search/label/COVID-19?m=1>

Videos with calming techniques:

<https://www.youtube.com/watch?v=yRKpNaVaP84&t=6s>

https://www.youtube.com/watch?v=H_O1brYwdSY

<https://www.youtube.com/watch?v=py8deTlxNco&feature=youtu.be>

BrainPop videos about school:

<https://www.brainpop.com/health/backtoschool/>

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