FAMILY RESOURCE

Back to School: What Families Need to Know
Checklists and Guides for Parents, Guardians, and Caregivers

Image by Paula Wood from Pixabay

Summary:

As the school year gets underway, debates rage on about the best learning environment during the pandemic (i.e., virtually, in person, or a mix of both). We are all facing uncertainties. While there are no easy answers, the best way we can face this future is by being informed and asking good questions. There are a few resources out there. First, UNICEF published resources on a site titled: What will a return to school during the COVID-19 pandemic look like?: What parents need to know about school reopening in the age of coronavirus. This site addresses questions and topics including 1) When and how will schools be reopened?; 2) Is it safe for my child to go back to school?; 3) What precautions should the school be taking to prevent the COVID-19 virus from spreading?; 4) What questions should I be asking my child's teacher or school administrator?; 5) What should I do if my child has fallen behind?; and 6) What should I do if my child is struggling to get back into "school mode?".

Likewise, the CDC has compiled a group of checklists and resources, titled [Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers](#) to help you navigate this complex time. This helpful resource addresses multiple scenarios including face-to-face instruction and virtual-online schooling. Special circumstances are also addressed such as supporting children with special needs and dealing with stress and anxiety. Additional resources are included.

Both Unicef and the CDC are reputable sources that can help put your mind at ease! So, take some time, check them out, and remember that you're not alone.

Age(s):
Birth to 36 Months (Infant-Toddler)
PreK 3-5 Years (Preschool)
5 to 6 Years (Kindergarten)
6 to 8 (Primary)
9 to 11 Years (Elementary)
11 to 14 Years (Middle School)
14-18 years (High School)

Tags:
Back to School
Health and Wellness

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Credit:

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