

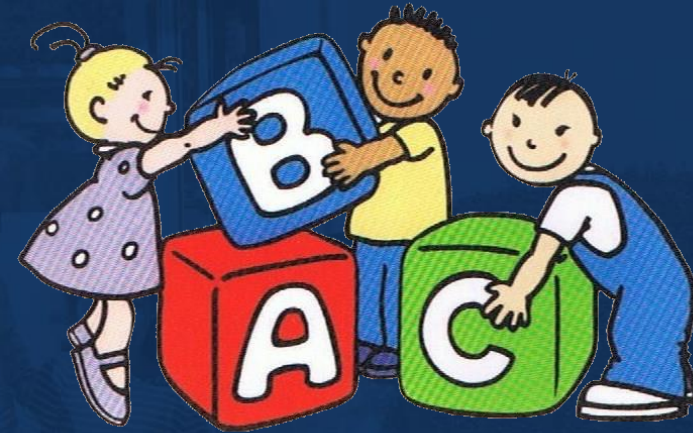
Parent Resource

All the Feels: Helping Young Children Cope with the Return to Child Care -Zero to Three

As schools and centers begin to reopen, many parents may be wondering how their young child may react to adjusting to returning to school after months of being cared for at home. Many parents may worry that it will be like starting a new school all over again. In many ways, all centers may look different and unfamiliar to parents and children. Be as prepared as possible:

- Stay up-to-date and in communication with your child's center.
- Prepare to take some time to learn new procedures and allow yourself time for longer transitions.
- Help your child get into habits such as hand-washing, temperature checks, being near others with masks, etc.
- Use photos of your child's school and books about going to school to talk to your child about returning.

Click on the picture below to access the article "All the Feels" from Zero to Three!



Click on the picture below for Parents.com article, "How to Help Your Kids Adjust When They Go Back to Daycare and School After COVID-19"

