

## PREPARING YOUR CHILD FOR THE NEW SCHOOL SAFETY GUIDELINES

### INFORM

- Tell your child what changes they may experience (keep it casual).
  - Teachers/students with masks and face shields
  - Lines at the front to take temperatures
  - Less group activities
  - One-way hallways
  - Etc.
- “This is what the rules are now to keep us all safe. We have to work together so we can stay healthy and be in school.”

### PRACTICE

- Take time each day to practice necessary skills.
  - Wearing a mask properly (mouth and nose covered)
  - Washing hands for at least 20 seconds with soap
  - Using hand sanitizer (rub until it is dry)
  - Greetings without physical contact
  - Personal space of approximately 6 feet
  - Taking temperature
- Practice waiting. A lot of the safety procedures will slow down transitions.

### REINFORCE

- Make practice fun!
  - Masks on during screen-time
  - Prizes for remembering all the rules
  - Competition of who can go the longest in a mask or without touching their face
- Praise! Be specific: “You are doing so well with these new rules, I am so proud!”
- Give extra privileges for cooperation and for when they try their best.

### MODEL

- Practice the skills along with your child.
  - Wear your mask frequently and properly
  - Wash and sanitize your hands with them
- Do your best not to pass on the stress adults may have about the situation. Be calm, casual, and positive. If they are worried, tell them that it is okay to be nervous/stressed but reassure them that we will all work on this together!
- If they struggle or ask for help, give guidance and stay patient.

