



SEPTEMBER 2021

Back-to-School Tips for Kids and Parents



- Maintain a good sleep routine. Set your child's sleep schedules back to "school time" 1-2 weeks before the first day of school.
- Eat a healthy, filling breakfast!
- Use checklists to provide step-by-step tasks
- Review child's goals and discuss expectations— set small, manageable goals
- Provide POSITIVE feedback!
- Take COVID-19 seriously— wear masks and get vaccinated (must be 12 years of age). Contact our office for your COVID vaccine today.
- Take care of your mind as well as your body— mental health is important. The pandemic has created stress and trauma for many children and families. Establish safe and supportive school environments.
- HANDWASHING stops germs!
- Be aware that transitions can be difficult, have compassion for yourself and your child. Expect anxiety— practice deep breathing exercises and other strategies to help your child manage their anxiety.
- For more back to school resources please visit [CDC.gov](https://www.cdc.gov)



Together, we can stop suicide- Get involved with local organizations and listen to those who need help.

National Suicide Prevention Lifeline: 800-273-8255

Or Contact the Crisis Text line by texting TALK to 741741.

Visit the American Foundation for Suicide Prevention (AFSP.ORG) for more information and resources on suicide prevention month.



Current NYS Department of Health recommendations: Any person over the age of 2 (all students, personnel, teachers, administrators, contractors, and visitors) must wear masks at all times indoors in P-12 school buildings, regardless of vaccination status.

For more information regarding health and safety guides to reopening NYS schools please visit:

https://www.schoolhealthny.com/Page/282?utm_source=iContact&utm_medium=email&utm_campaign=nyscsh-hip-messages&utm_content=SMD+-+NYSDOH+Education+Constituents+Group+-Masks