



Behavior Bits



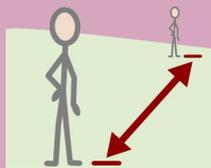
Volume 19: Preparing for School

Written by the Augusta County Behavior Support Team

A New Normal

With the new school year fast-approaching, educators have been working in overdrive to figure out the best and safest ways to continue instruction for our students. Schools are creating guidelines and standards for staff and students to follow. While washing hands and using germ-x may be known routines, the frequency that they are done will be increasing. Learning and remembering to social distance will take practice and reinforcement to continue and support.

Many of these changes may seem overwhelming or even unrealistic. It is important to remember that as adults, we are role models for the children in our lives. Our attitude and statements will influence how our children view the upcoming school year. While it is important to reflect upon the changes and unknowns, it is also important to discuss what they can expect to see and what they may be looking forward to.



Transitions are Hard, Routines are Important!

Transitions are difficult, especially when life has been turned upside down for the past 5 months! Whether your child is already anxious about returning to school, or he or she displays new challenging behaviors once returning to school, it is important to know that this is normal for anyone who has had a change of routine.

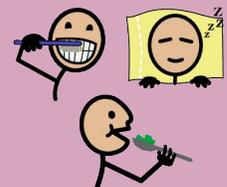
Adults and children both struggle when routines change. Despite homework, activities, and summer projects, the physical, mental, and emotional demands of school will create a difficult adjustment for our kids.

The best way to support our students during this transition is through consistency at home! Establishing expectations, routines, and clear communication is important in order for home to remain a constant, despite the changes at school. Routines at home give children a sense of predictability and control, which helps to make home a safe space while they are adapting to the return to school.

Tips for the Transition

After an extended time off from school, we anticipate a difficult transition back for all- students, teachers, and parents! Here are some tips for preparing your child for the transition back:

- Talk to your child about the transition
- Encourage your child to ask questions about the new school year
- Ask your child questions to gauge their feelings on returning to school
- Drive by the school and talk about how your child will be transported to school once the year begins again
- Re-establish routines at home that typically happen during the school year
 - Ex. bedtime, family meals, getting ready in the morning, etc.
- Have your child draw a picture or write a letter to a new teacher, so that he or she has something exciting to take to school on the first day!



Questions to Facilitate Conversation about Returning to School

- Have you missed going to school? Why or why not?
- What are you most looking forward to learning about in ___ grade?
- What friends do you hope are in your class?
- What makes you nervous about going back to school?
- What is your favorite school lunch that you are excited to buy again?
- What class/exploratory/special are you most excited for this year?
- What would you like to do on your last day of summer before school starts?
- How are you feeling about your new teacher or schedule?
- What can you do when you start to feel sad or frustrated about going back to school?