

# Preparing for an Unknown Back-to-School Scenario

## 1. Stock up on hand sanitizer and disinfecting wipes

Kids and schools are full of germs, so it is even more important this year to make sure you and your children have a stock of hand sanitizer and disinfectant wipes at the ready.

## 2. Implement a folder filing system

Some school districts are holding a combination of in-person and online school. To help keep your kids organized, create a folder filing system so they don't forget to take materials back and forth.

## 3. Have a designated disinfectant spot at home

Create a designated disinfectant spot at home where children can leave backpacks, jackets, school supplies or anything else that needs to be wiped down or washed before it comes into the house. It can be a spot in the mudroom or even a sectioned off space in the garage.

## 4. Change clothes right away

Start a new house rule that as soon as your children come home from school, they change their clothes and wash their hands right away. This will help cut down the spread of germs from school to home.

## 5. Create a no-distraction zone

If your kids end up working from home either part time or full time, help them focus by creating a no-distraction zone where cell phones get turned off, siblings can't bother them and they are allowed to focus on their schoolwork.

## 6. Wash masks frequently

Make sure you have enough reusable masks that each child can use a fresh one daily and wash all of them at the end of each week.

## 7. Emphasize good hygiene with young children

It can be hard, especially with young children, to get them to understand good hygiene practices like covering their face when they sneeze, washing their hands frequently and avoiding touching their face, but do your best to promote and encourage those good practices.

## 8. Help out your teachers

Teachers do a lot for their children, including spending their time and money investing in everyone's education and health. If you are able, donate supplies like hand sanitizer, disinfectant wipes, extra masks and other cleaning supplies to help the teachers keep your children safe.

## 9. Teach your children to see the good

This school year is going to be difficult for many reasons, but it also gives you the chance to teach your children to see the good in any situation and to persevere through the tough times. Talk about their feelings and let them know it's okay to feel sad or disappointed, but to not let those feelings ruin all the good that's happening, too.

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