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How to Prepare Your Kids for Back-to-School During the Pandemic

When schools reopen after the coronavirus closures, kids will have varying reactions to this transition. Some will adapt to school life seamlessly. Others will struggle with stress and anxiety. Whether your kids are returning to in-person classes or preparing for a few months of virtual learning, help ease the transition so they can get back on track as quickly as possible. Here are some smart ways to prepare your family for a safe and productive school year.

Protect Your Family from Illness

Keeping your family healthy is your top priority! Be prepared to combat illness as your kids return to school.

- Be a good [role model](#) for healthy lifestyle behaviors.
- Avoid other diseases by keeping your kids up to date on their [vaccinations](#).
- Help your kids become more [comfortable](#) with wearing face masks.
- Stock up on [disinfectant wipes](#) for quick cleaning of high-touch surfaces.

- Use [green cleaning products](#) to safely disinfect your home.
- Consider hiring a cleaning service to perform an occasional [home deep clean](#).

Preparing for Online Classes

Instead of returning to school, many students will be attending virtual classes in the fall. Make sure your kids have all the tools they need for online learning.

- Design a [homework station](#) where your kids can focus on their studies.
- Get your kids set up with [online learning tools](#) to help them adjust to virtual classes.
- Talk to your kids about [internet safety](#) and smart digital security habits.

Adjusting to Another New Routine

Chances are, your family slipped into more of a laid-back routine during the lockdown and over the summer. Help your kids get back into the swing of things with a gradual adjustment.

- Get them back on a regular [sleep schedule](#) a few weeks before school starts again.
- For very young kids, help them adjust to being away from you again to [minimize anxiety](#).
- Watch for [signs](#) that your kids are experiencing significant stress during this transition.

Back-to-school time is always a stressful time for kids and parents. This year, however, families have to navigate a few additional challenges created by the coronavirus pandemic. From addressing coronavirus concerns to helping your kids adjust to school after a lengthy absence, planning ahead will help you mitigate potential problems and keep everyone happy!