Tips to help your children during the school year

**Foster open dialogue.**
Ask how they feel about school this year — both their excitement and their concerns. Check in often. Share your feelings, too.

**Validate their feelings.**
Let your kids know it is normal to be nervous about being back in school, whether in person or online, and to have worries about the pandemic.

**Set expectations.**
If possible, come to shared agreements about their schedules and routines. Let them have input and tweak what isn’t working.

**Establish healthy habits.**
Let them know that by wearing a mask, washing their hands, and covering coughs, they are helping to contain the virus.