

幼稚園馬柱校社工服務 Kindergarten Social Work Services



How do I prepare my child for class resumption?

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Get Prepared For Class Resumption

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Foreword

Children may experience various emotions going back to school after a long time of school suspension (i.e. anxiety and fear). Adjustments for daily routine and hygiene habits are needed. We hope this booklet will be able to better prepare parents and children in getting ready for class resumption and enjoy their life in school.

The following emotions may occur as children return to school. These emotions, feelings, body reactions, and thoughts may differ between children. It is recommended that adjustments can be made according to the needs of them, and let them feel secured and loved. Increased positive physical contact could also help to calm down the emotions.

- Increase in finger sucking, refuse to get out of bed in the morning
- Unstable emotions, may easily cry or feel frustrated
- Changes in sleeping pattern or dietary habits (e.g. no appetite, hard to fall asleep, have nightmares)
- Unknown reasons for body discomfort (e.g. headaches, abdominal pain)
- Re-play details related to the epidemic while playing
- More clingy, need to be accompanied by parents

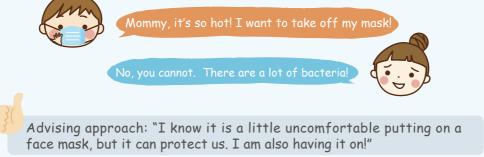
This booklet aims to assist parents in handling their children's emotions and behaviors. Parents should seek out for professional help if children continues to feel emotionally unsettled.

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About Hygiene

It is important to pay attention to personal hygiene. Parents could raise children's awareness of it before class resumption!

(1) Putting on face masks



(2) Avoid touching eyes, ears, mouth, and nose

My eyes are so itchy! You cannot touch your eyes, your hands are dirty!

Advising approach: "If your eyes feel uncomfortable, you may use this little handkerchief to clean them!"

(3) Washing hands frequently or using hand sanitizer

Washing hands again? I've washed them so many times already!

Your hands are so dirty, you have to wash them again!



Tips from social workers:

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It is not easy for children to have correct hygiene practices. Praising and I understanding are what parents should try doing while transmitting the hygiene I concepts. Let your children understand the importance of hygiene by explaining.

- Acknowledge their feelings and provide positive encouragement
- Practice personal hygiene through games
- ✓ Make good use of different resources to teach
 - (e.g. cartoons and storybooks)
- Make the activities interesting
 - (e.g. using their favorite cartoon character hygiene products)



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About Daily Routine

Adjusting daily routine is required for back to school schedule. Parents are encouraged to arrange a stable daily routine for children ahead.



Advising approach: "We have to sleep now so that you will have the energy to play with your friends at school tomorrow!"

Tips from social workers:

Getting into the habit of keeping an early sleeping schedule could help to I create a better daily routine and have enough energy to take part in the I activities at school.

- Adjust children's sleeping schedule at home
- Increase daytime physical activities
- Create habits before bedtime (e.g. bedtime story)
- Create a schedule together with children
- Limit phone or tablet usage

ROIE-PIJYING "GOING TO SCHOOI"

We encourage parents and children to take part in role-playing:

(1) A parent act as a teacher, demonstrating the scene of the first day going back to school.



Good morning children, today is our first day back to school. Remember we have to measure our body temperature and sanitize our hands before entering the school area.

Thank you, teacher



(2) A parent could also act as a student, demonstrating a scene when chatting with other classmates.

James, I haven't seen you for so long, I miss you so much!

I want to hug you!





Parents could demonstrate the correct social etiquette, remain a

Let's just wave at each other!

social distance, and encourage your child to practice.

CONCIUSION

Every child faces different challenges while growing up, parents' support is essential to their growth. It is best to keep in close contact with the school to understand children's performance. Together we could help children to go through the transition stage! Please feel free to contact your school social worker if you are concerned about your children's conditions

USEFUI information

- Educational Bureau: https://www.edb.gov.hk/tc/index.html
- Department of Health's Covid-19 website: https://www.coronavirus.gov.hk/chi/index.html
- Centre for Health Protection: https://www.chp.gov.hk/tc/index.html

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