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幼稚園駐校社工服務
Kindergarten Social Work Services

How do I
prepare my
child for class
resumption?

Mommy, I will be going
back to school soon!

Get Prepared
For
Class Resumption

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.

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



Mommy, it's so hot! I want to take off my mask!

No, you cannot. There are a lot of bacteria!



Advising approach: "I know it is a little uncomfortable putting on a face mask, but it can protect us. I am also having it on!"

(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!



Advising approach: "We have just finished playing with toys, washing hands can keep our hands clean."

Tips from social workers:

It is not easy for children to have correct hygiene practices. Praising and understanding are what parents should try doing while transmitting the hygiene 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)

ABOUT EMOTIONS

Children may feel anxious before going back to school. Parents should accompany children in preparing for class resumption.



I want mommy to go to school together!

I cannot do that, everyone goes to school by themselves!



Advising approach: "Mommy understands that you want to stay with me and don't want to go to school. Mommy can walk with you to the school entrance! Your teachers and friends will be happy to see you there!"

Tips from social workers:

Children may feel unfamiliar or even resist going back to school after a long time of school suspension. It would be awesome if parents could show your support and encouragement.

- ✓ Acknowledge children's emotions
- ✓ Accepting children's feelings
- ✓ Show your support
- ✓ Gradually build up children's sense of security



I am afraid that I will get infected going back to school!

You don't have to worry, you will be fine.



Advising approach: "Are you worried? Putting on a face mask could protect us! We went out last week and washed our hands after returning home, that's how we avoid bacteria!"

Tips from social workers:

Anxiety is a normal reaction that alerts us to danger, and it is a kind of defense mechanism. Parents should try listening and encourage children to explain the reasons why they feel scared, then offer solutions.

- ✓ Unlock the origin of fear
- ✓ Create successful experiences
- ✓ Provide solutions

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.



Son, it is late! It is time for bed!



No! I want to play, I am not going to sleep!



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 create a better daily routine and have enough energy to take part in the 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

ROLE-PLAYING "GOING TO SCHOOL"

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!



Let's just wave at each other!

Parents could demonstrate the correct social etiquette, remain a social distance, and encourage your child to practice.

CONCLUSION



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.

USEFUL 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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