

# LET'S GET READY!



**By: Rosie Hardaker & Dan Springer**



Dear Parents and Caregivers,

We created this story to help young children manage their feelings about the transition back to their childcare programs and schools. Some children will be looking forward to getting back to see their teachers and friends while others would be content to stay home forever!

Regardless of how your child feels about going back to school, all children benefit from talking about their experience and feelings as well as being prepared for changes to their routines.

Use the “How did you feel about staying home?” page to talk to your child about what they liked about their experience and what they found difficult. It can also help your child to hear about what you liked and found difficult. Some children spent isolation with parents while other children have parents and caregivers who continued to work outside of the home during isolation. Everyone’s experience was unique and we all benefit from talking to one another about our ups and downs.

Use the “How do you feel about going back to school?” page to talk to your child about what they are looking forward to when they go back to their childcare program or school and what they may be feeling anxious about.

Use the “What do you want to tell your friends and teachers about your time at home?” to encourage your child to draw a picture or create an expressive piece of art to share with their teachers and friends about their time at home over the past several weeks. It may help them to have more positive feelings about going back to school if they have something to share about their experience with people who are important to them outside of the home.

Use the calendar page to help your child count down the days to their return to school. Using a calendar can help your child to better understand and visualize when they will return to school.

We have all had unique experiences with isolation. Many children will be looking forward to getting back to school while others may need a bit more support to feel positively about the transition. Hopefully this story will be a good starting point for you to begin planning with your child for what their transition back to life outside of the home will look and feel like!



**We have been staying at home for several weeks. Children had to stay home from school and most adults were not able to leave their homes to go to work.**



**We have not been able to visit our friends and families and they have not been able visit us. We haven't been able to play in the parks or do the activities that we are usually able to do.**



**It was important for us to stay away from people outside of our home so that we didn't get exposed to the coronavirus.**



**Coronavirus made a lot of people very sick and we had to give hospital staff time to help people feel better. We had to give doctors and scientists time to learn about the coronavirus so that they could tell us when it would be safe for us to spend time with people outside of our homes.**



**Spending a lot of  
time at home felt  
really good for  
some people!**

**Spending a lot of  
time at home felt  
really difficult for  
some people.**



**How did spending a lot of time at home make you feel?**



**Now that it is time to go back out and spend time with people outside of our homes it is time for children to go back to school.**

**How do you feel about going back to school?**



**When we are spending time outside of our homes we will keep ourselves and others safe by covering up our coughs and sneezes and taking our time to wash our hands properly.**



**We are all very happy that we can go back to doing the activities that we enjoy!**

**We are all happy that it is safe for us to go back to work and school!**

**We can all work together to make sure that we are safe and that we stay healthy.**

**MONTH:**

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

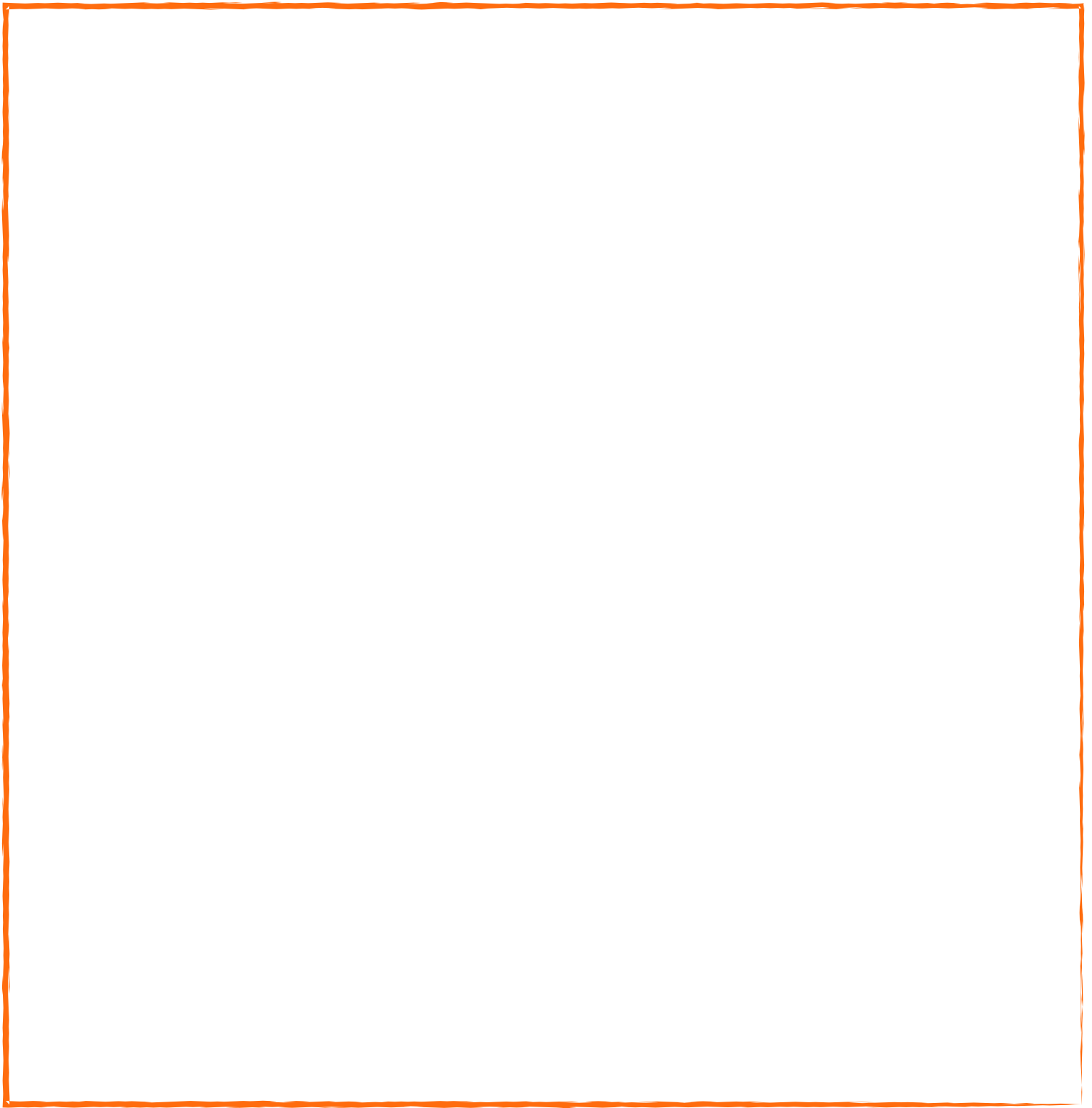
**Thursday**

**Friday**

**Saturday**

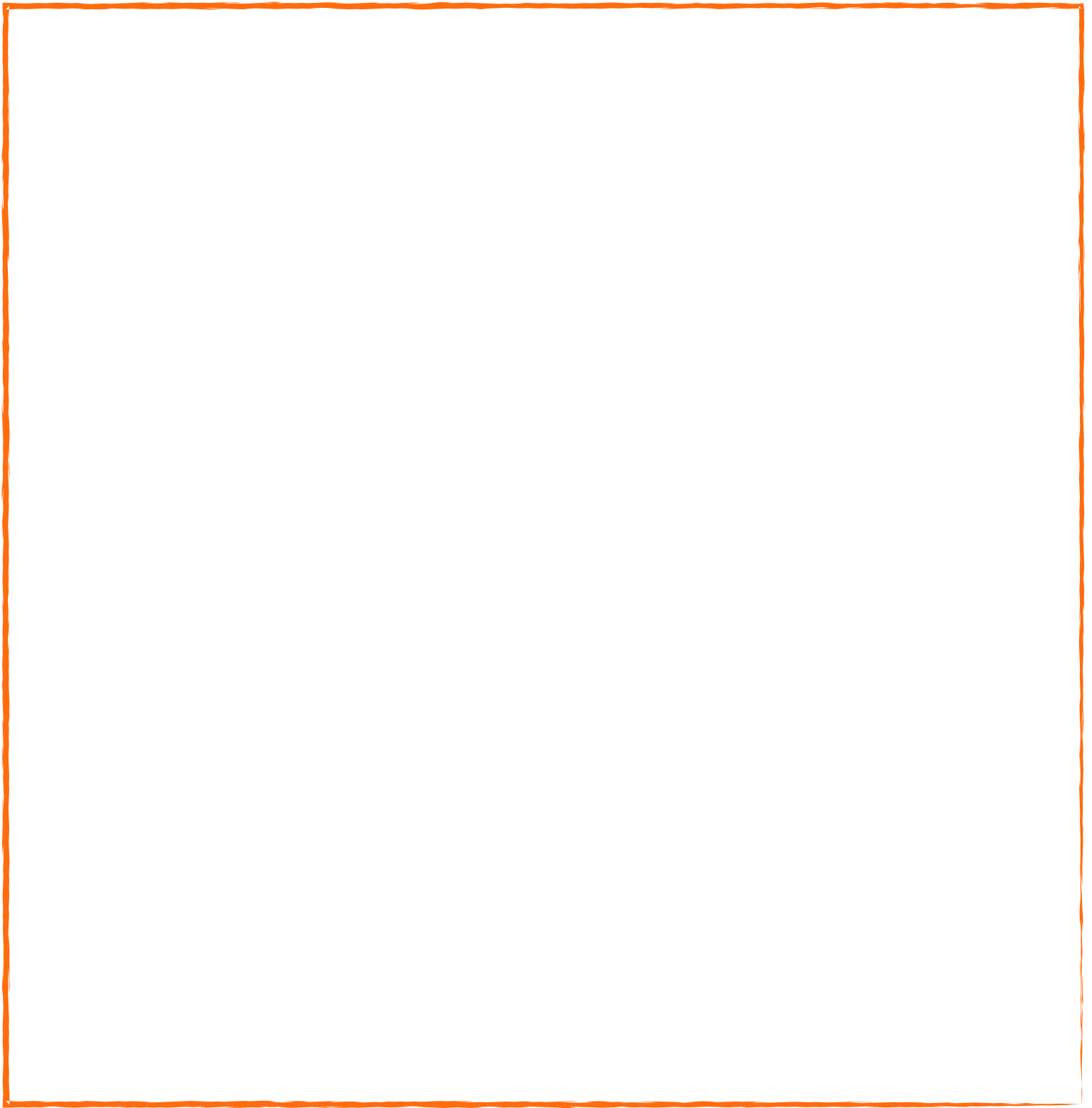
**I will go back to school on:**

Use calendar to count down days to when your child will go back to school.



**What do you want to tell your friends  
and teachers about your time at  
home?**

**– make a picture –**



**What have you missed about going  
to school/daycare?**

**– make a picture –**



**Are we ready?**