

NAVIGATING A NEW NORMAL

Tips to help you and your child ease out of isolation



PREPARE YOURSELF

- Your feelings and worries are important! Take time to process how you have been feeling and explore any new feelings or worries about starting a new routine.
- Review new rules and regulations in advance to help you feel prepared.
- Try to keep a happy and upbeat tone. Children pick up on non-verbal cues.
- Pay attention to non-verbal cues from your child. Their behaviour may show you they are feeling stressed. Try to respond in a calm and supportive way.



PREPARE YOUR CHILD

- For young children, use pretend play and stories to practice school routines - ask your child's school/childcare what the new routine will look like.
- Listen to your child's feelings and worries. Remind them you are there for them.
- Read stories about going to school. If you have pictures of your child's school/childcare these can help.
- Talk about it - share information your child can understand. You might not know all of the answers; be honest about that.
- Explore coping strategies with your child for when they miss you or feel worried.



PREPARE THE ENVIRONMENT

- Ease back into bed times and wake up times by starting as soon as possible. Start slowly by adding 30 minutes at a time if needed.
- Use visuals like schedules, calendars, videos, reminders, etc.
- Drive or walk by their school/childcare. Talk about who they might see when they go back and point out familiar things like their classroom or playground.
- Practice new routines or new rules that may be in place in your home or at their school/childcare.



PREPARE IN ADVANCE

- Government announcements about changes may happen quickly so it will be important to start easing into the new "normal" as soon as possible. Do what works for your family.
- Review rules about good hygiene, contact with others, boundaries, etc.
- It will take time to adjust to new routines and rules and it will be important that everyone has time to practice and ask questions.