

OUTCOMES THERAPY

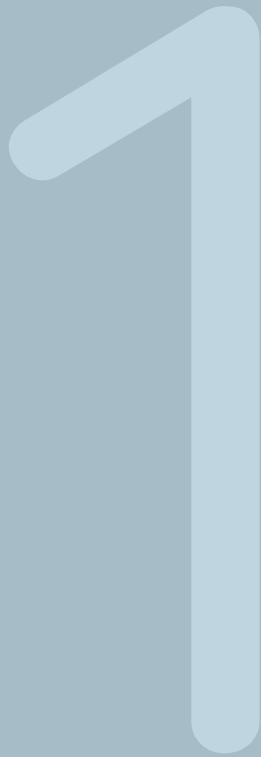
# Back to School Checklists

AUGUST 14TH, 2020



Outcomes Therapy  
Back to School Guide for Families





## Get Back Into a Routine

Aim to re-establish your new routine now. For sleep schedules, you will need to gradually move your child's bedtimes and wake up times (15 minutes per week) back to what they will be during the school year.





## Visit Your Doctor

Make sure your vaccinations and prescriptions are up to date! Routine check-ups are especially important this year as many of us have not been seeing the doctor regularly since springtime.



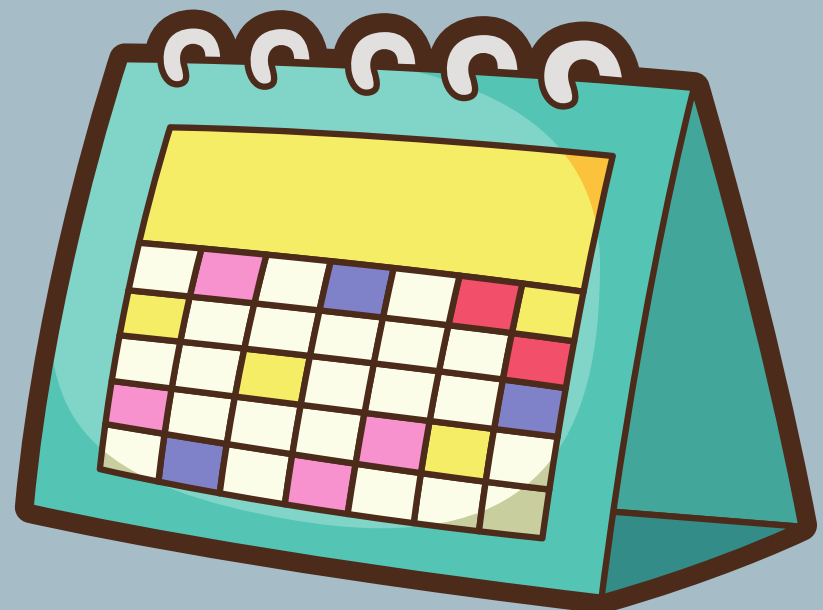


# 3



## Review Your Child's Expected Schedule and New Routine for School

If they are a visual learner, hang a calendar that shows which days they will be at school and which days they will be at home. This can help the whole family stay on track!



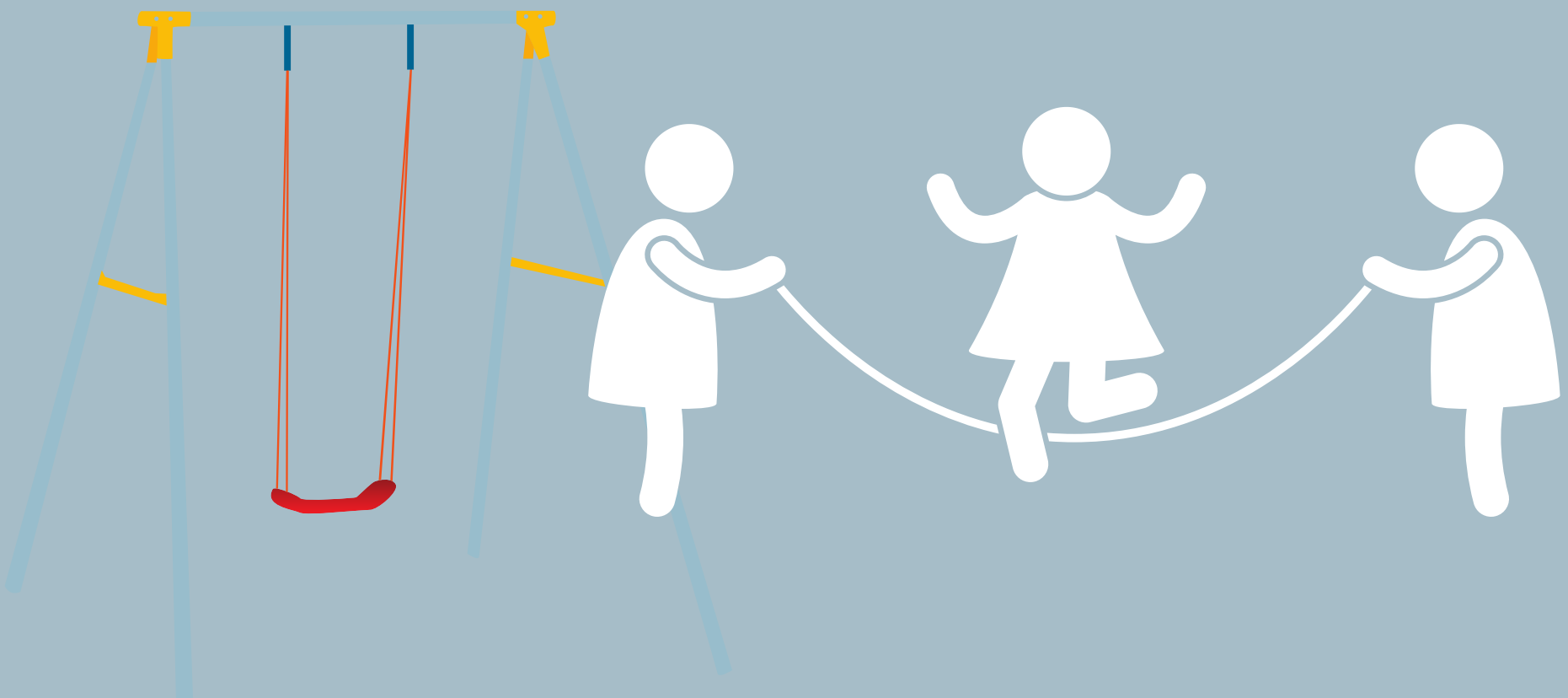


# 4



## Get Organized

Make a plan for each day - whether they are at home or at school. Print it out and be sure to plan for physical activity and social connections.





# 5



## Talk about Your Expectations:

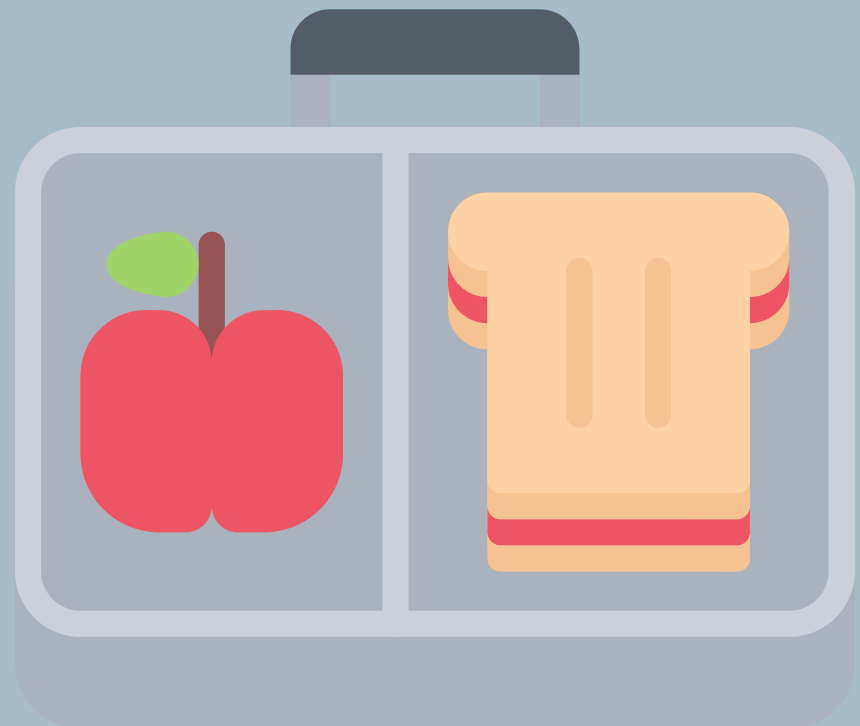
Ask your child what their goals are for the school year and be clear about your values & expectations. Is it a rule that homework needs to be done before screen time? Remind them.





## Plan for Healthy Meals and Snacks

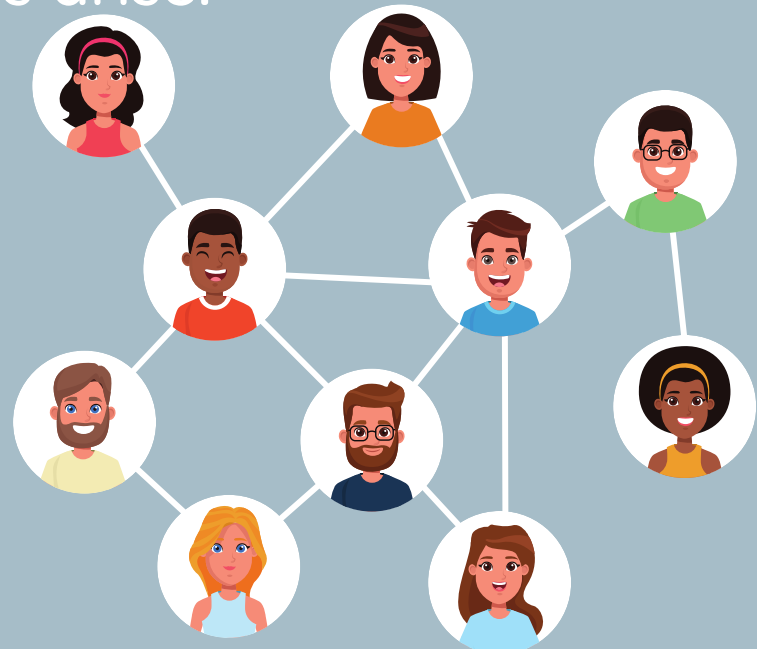
Involve your child in the process of preparing meals so that they learn how to make healthy food choices.





## Nurture a Support Network

Child care arrangements may look different this year, too. Form a Facebook Group with those in your neighbourhood or with friends with kids the same age as yours. With a network, you can ask questions of them, and you can support each other if needs arise.

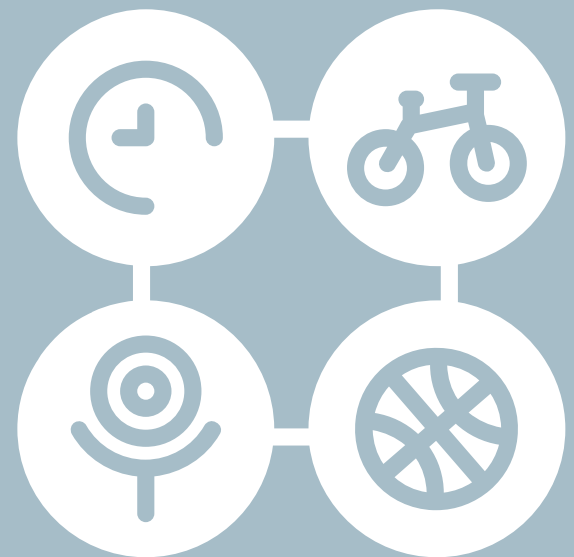






## Explore New Activities to Be Involved in Outside of School

This can include online classes for exercise, learning a new skill, taking an art class or exploring a new interest. Make a list of novel COVID-19 friendly adventures for your family and have them ready to go when needed.





## Meet New Teachers, Coaches, and Program Leaders

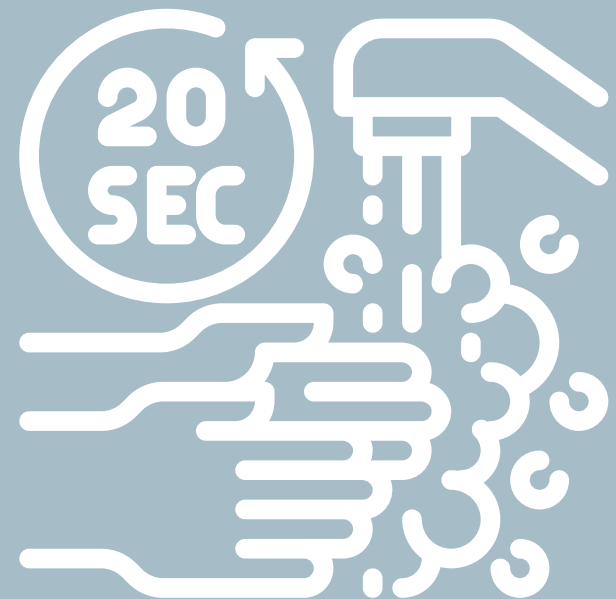
Introduce yourself to teachers, coaches, and anyone else who will spend time with your child this year. Let them know the best way to reach you and share any important details about your child. You can request video chats or phone calls if it is not appropriate to meet in person.





## Practice New Procedures

Practice new procedures like hand washing, masking and anything else being asked of your child. This is especially important for younger children in elementary school.





## Have a Last Hurrah

Have an at-home movie night, take a family bike ride or visit a local attraction like a park, museum or zoo. Whatever activities your family chooses, make sure to follow safety guidelines. If your child is returning to school and will need to reduce visitations with at risk family members, take time to plan a special evening together.



# 12



## Monitor Your Child's Mental Health for Signs of Distress

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### The Mental Health Checklist for Children

- ☐ Frequent, unexplained meltdowns;
- ☐ Unusual Fears
- ☐ Difficulty going to sleep or staying asleep;
- ☐ Sadness or feelings of hopelessness that doesn't seem to go away;
- ☐ Avoiding friends, family and activities that were previously enjoyed;
- ☐ A desire to be alone most of the time;
- ☐ Refusing to go to childcare, preschool, or school on a regular basis;
- ☐ Difficulty getting along with other children;
- ☐ Intensive movement seeking - beyond regular playing;
- ☐ Noticeable disinterest or decline in school performance;
- ☐ Frequent aggressive reactions (more than is reasonably expected in the situation);
- ☐ Difficulties with concentration, attention, and organization;  
and/ or
- ☐ Any other changes from the usual way of acting over a short period of time

