

## **Is your child going to be hybrid learning soon? Let's set them up for success!**

Follow these tips and tricks to help them have a smooth transition after learning virtually for so long.

### **1. Have a conversation with your child.**

- + Tell your child what they should expect when going back to school (it will look different than normal). What will their classroom, lunch, recess, specials etc. look like?
- + Tell them the facts and answer their questions.

### **2. Start their new daily schedule and routine 2+ weeks in advance.**

- + Wake up at the time they will need to wake up for hybrid learning.
- + Get dressed eat, breakfast, etc. (a visual schedule may help your child get back into a routine)
- + Your child is now used to learning for a small amount of time and then having a break time – this may not be the case during hybrid learning. Allow them time to gradually get used to this by having them read or do their must-do work right after they are finished their online learning to help lengthen their attention span.

### **3. Practice wearing a mask.**

- + Your child will be expected to wear a mask the entire time they are learning in the school building.
- + Gradually increase the time they need to wear a mask by 15 minutes each day until they are wearing it for the amount of time they will be in the school building.

+ Wearing a mask can be uncomfortable and inconvenient at times. Try to speak positively about the masks and how they keep everyone safe.

**4. Show your child what 6ft. looks like (this is a hard concept for adults as well)**

+ You can use hula hoops, tape, paper plates, etc. to visually show what 6ft looks like

+ Practice walking around the house staying 6ft apart.

**5. Practice being independent.**

+ Washing hands often

+ Buttoning, zipping, tying, velcroing clothing and shoes (only send your child to the school building with attire they can manage independently)

+ Independently opening items for lunch