



# PARENTS' GUIDE TO SCHOOL PREP

*Returning to school may feel daunting for the whole family unit. There will be many changes to the school day that our students should anticipate. Help prepare your child for what's to come with this resource guide.*

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## RESOURCES

- [What is coronavirus?](#) (social story)
- [Riding the bus will be different](#) (social story)
- [Going back to school](#) (social story)
- [Mask etiquette](#) (social story)
- [Greeting my teachers and friends](#) (social story)
- [When can I stop wearing a mask?](#) (social story)
- [Helping Individuals with Autism Wear Face Masks](#) with Brain Pop video (Autism New Jersey)
- [How to Help your Child Wear a Mask](#) with visual shown below (BIAS Behavioral)

**How to Help Your Child Adapt to Wearing a Mask**

7 Quick Tips for Parents **BIS**

**Explain WHY**  
Use easy-to-understand language and positive phrasing.  
For example, "Many people are sick right now. Wearing a mask will protect you from germs."

**Take a Picture**  
Ask family members or friends to take pictures of themselves wearing masks.  
You can even arrange a virtual get together so everyone can show off their masks.

**Practice Makes Perfect**  
Shape the behavior by breaking it down into smaller steps. Then practice & reinforce each step.  
1. Holding the mask.  
2. Putting it against his or her face.  
3. Securing the elastic.

**Let's Pretend**  
Integrate masks into your favorite pretend play schemes.  
Encourage your child to dress up as a doctor, nurse, or veterinarian.

**Get Creative**  
Allow your child to decorate their mask using crayons or markers.  
If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern.

**Stuffed Animals & Dolls Need Masks Too**  
Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!

**Start with Familiar Clothing**  
Choose clothing that your child already wears and turn it into a mask.  
Some ideas include: a scarf, balaclava or bandana.

FOR MORE INFORMATION VISIT [BIASBEHAVIORAL.COM](http://BIASBEHAVIORAL.COM) OR FOLLOW [@BIASBEHAVIORAL](https://www.instagram.com/biasbehavioral) ON SOCIAL MEDIA © 2020 BEHAVIORAL INTERVENTIONS AND SOLUTIONS, LLC KIDS WEARING MASKS CLIPART BY: BUNNY ON A CLOUD

# WHAT CAN YOU EXPECT WHEN YOU RETURN TO YOUR FBISD SCHOOL?

(brief)



When you return to school, things will look a little different.

You'll get your **temperature** taken before you come into the building.

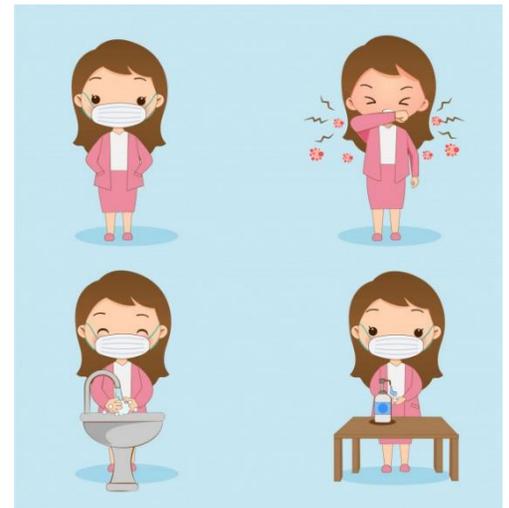
Everyone will wear a **mask** or face shield. You will be asked to wear a mask, too!



Your classmates will **sit farther** away from you.

You'll be reminded to **wash your hands** throughout the school day. You'll do this a lot!

Doing these things will help keep you and your friends safe!



# WHAT CAN YOU EXPECT WHEN YOU RETURN TO YOUR FBISD SCHOOL?

(extended with visuals)

A lot of people don't like change. It can make them feel anxious, worried, or like they are not in control. The good news is that when we know what changes might occur, **we can make a plan** for how we will tackle these changes. This will make your worries fade away!



There will be some changes when you go to school. The busy, loud building you remember from last year will now be quieter. **You'll see less people in the halls.**

When you arrive, **you'll get your temperature taken** by a school employee. They will be wearing gloves and a mask, so you may not recognize them at first. Under the mask, they'll be smiling. We're happy to see you!

**You will be given a mask to wear** too, if you don't already have one. All of your teachers and classmates will be wearing masks. **You may even see some people wearing a face shield.** It may look scary, but it's just another layer of protection to keep everyone safe from getting sick.



You'll be walked to your classroom. **There will be less desks** than you're used to seeing. This is so everyone can keep a safe distance. You will be asked to stay several feet away from your classmates, even in your classroom. **You may be eating lunch in your class** to avoid too many people in the cafeteria at one time.

You will be reminded to **wash your hands...** a lot! This is to keep you germ-free. When you wash your hands often, you help keep your classroom a safe and fun place to be. The teachers will also be disinfecting the classrooms often to keep everything clean.



## HOW CAN YOU PLAN TO DO THESE THINGS AT SCHOOL?

You and your family can practice wearing a mask at home, so it doesn't feel so weird when you're at school. You can also start practicing washing your hands for the full 20 seconds (or sing "Happy Birthday" while you scrub). Doing these two things every day helps keep us all safe!



## WHAT CAN YOU EXPECT WHEN YOU RETURN TO YOUR FBISD SCHOOL?

(summary)

Going back to school might feel weird! You'll notice several things that look different. They will include:

- Your **temperature** will be taken at the door.
- You will be given a **mask** to wear (if you don't already have one). Your teachers and classmates will be wearing masks too! This will make it hard to see smiling faces, but everyone will be happy to see you. You can tell people, "I'm smiling at you!"
- The building will feel quieter. That's because there will be **less students** there.
- Your classroom will feel bigger. That's because there will be **less desks**. You will be at a safe distance from your classmates.
- There won't be a lot of lining up and moving around. This is so everyone can stay a **safe distance** from each other. This might mean you could eat lunch in your classroom.
- Everyone will remind you to **wash your hands**. You'll hear this all day long!



**ACTIVITY:** Watch this [short video](#) on virus safety tips. It was made by an 11-year old! Can you use [biteable.com](#) to make a video on the school changes listed above? Be sure to get your parent's permission!