



GOING BACK TO SCHOOL IN A PANDEMIC

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SETTING THE CONTEXT FOR SCHOOL RETURN

- ▶ Evidence is supportive
 - ▶ CDC (Mississippi, North Carolina, Wisconsin)
- ▶ Precautions are working
- ▶ OSPI teacher vaccine plan emerging



- ▶ Listen to worries and separate them from adult fears
- ▶ Set the tone
- ▶ Take actions to reassure and create stability for your child.
- ▶ If Covid related: focus on what the child CAN do--mask, distance, hand washing

ADDRESSING ANXIETY

- ▶ **Dig into your toolkit**—review strategies for calming and practice them.
- ▶ **Focus on child's strengths** throughout this crisis—point them out. They can do this.
- ▶ **Take a 1-day-at-a-time focus**--Remain open and flexible—nobody is going to do this perfectly, there IS no perfect. Getting through is the goal.
- ▶ **Support plan** – if overwhelmed what will they and you do? Kids knowing what to expect can limit anxiety tremendously.



FOR CHILDREN WITH PRE-EXISTING CHALLENGES