

REFRAME PSYCHOLOGY CLINIC

BACK TO SCHOOL DURING THE PANDEMIC AND SLEEP HYGIENE



ARE YOU GETTING ENOUGH SLEEP?



WHAT WILL SCHOOL LOOK LIKE IN SEPTEMBER 2020?

SLEEP HYGIENE

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SLEEP

Maintaining good sleep habits throughout the school year is important, although most of us abandon our sleep routines during the holidays or vacation time. Nonetheless, with the return to school just around the corner, a good sleep schedule is more important than ever!

IS YOUR CHILD GETTING ENOUGH SLEEP?



QUICK TIPS:

- One to two weeks prior to the start of school, reestablish a sleep/wake routine that matches the school day.
- Remove distractors that interfere with sleep/wake times such as electronics from bedrooms.
- Avoid discussions about worries at bedtime.

BACK TO SCHOOL, WITHOUT THE BLUES....

PREPARING FOR A SEPTEMBER RETURN TO SCHOOL

Returning to school is usually associated with mixed feelings...

While some youth will be excited, others will be anxious about what the new year will bring and look like. By the time school begins in September, students will have been away from a usual school setting for six months. Concerns about the teachers, friends, and how they will be perceived by others are usually the biggest worries that youth have, no matter what the age. However, this year brings greater uncertainty, sparking concern around safety.

Children are often barometers for what is happening in the family. Parent can help their children with COVID-19 anxiety by sharing developmentally appropriate information and focusing on what children can do to address their safety. Answering only questions that are posed in a truthful and calm manner, will be helpful with a focus on problem-solving. When you are confident about the return to school, your children will also be confident.

QUICK TIPS:

- Remind your child you are there to talk to them about their worries.
- Problem solve worries – be realistic.
- Don't engage in "what-if" discussions, as these tends to exaggerate worse-case scenarios.

COVID-19 CONSIDERATIONS

It's all of our responsibility to protect ourselves and others by keeping basic health and safety protocols in place. Knowing we and others are all doing our parts for the health and wellbeing of others goes a long way to protecting our mental health, especially during this pandemic. Let's take action and reframe our thinking:

- Practice wearing a mask both inside and outside of your home and in public spaces.
- Make or purchase some 'fun' masks & experiment with different types of masks– this will help make sure that you will want to wear it!
- Parents should model mask wearing.
- Maintain prescribed hand hygiene.
- Get the COVID contact tracing app.
- Stay close to friends, while keeping 2 meters apart.
- Remember not to 'break' protocol, just because someone else is; don't be a victim to peer pressure.
- Limit your exposure to negative news.
- Follow reliable resources for all your COVID information updates.
- Structure and routine remain paramount in times of uncertainty.
- Stay in the present; don't get lost in the what-if's of the world; it hasn't happened.
- Remember there are things that you CAN control- what you say, what you do and how you think....REFRAME your thinking and stay safe!



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SLEEP HYGIENE

NEED OUR HELP?

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