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## Back-to-School During the Pandemic

By Caitlin Bootsma

When it comes to the pandemic, most of us are experiencing a number of emotions-frustration, fear, overwhelm, stress, and uncertainty. As the school year starts, if you're a parent, you are also faced with a particular set of challenges. Not only are you engaged in the normal back-to-school preparations such as clothes shopping, school supplies, and helping kids adjust to a new routine, you are also watching out for your children's physical health as well as their emotional well-being and development.



You have likely already received guidance on safety guidelines from your school, and, we recommend following the [CDC for the latest in safety protocols](#). During this transition time, here are four actions we can take consistently to ensure that we are protecting our family and our community:

- **Be Aware:** Familiarizing yourself with the school's guidance on masking, social distancing, temperature checks, and when to stay home, will prepare you and your children for the new routine.
- **Be Charitable:** When interacting with parents, school personnel, or others who may have different opinions or concerns than you about the pandemic.
- **Be Cautious:** If you're not sure whether you should keep your child home in a specific situation, quarantine them or take a COVID test after a certain level of exposure, err on the side of caution. Sending a child to school while they could have a positive covid test could impact the entire class and school, and, could also impact any vulnerable family members of those children.

- **Be Consistent:** Let your kids know what safety protocols you expect at home and in public. Help them build healthy habits around hand-washing, mask wearing indoors or where recommended, and physical distancing that will make school life go more smoothly.

The last year and a half has thrown a lot at all of us. In the midst of uncertainty, most of us are doing our best to adjust on a number of fronts. Join us in praying for a safe, healthy school year where kids grow in knowledge, friendship and holiness.

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## What is Your Opinion?

What is something you can do to accompany victims/survivors/thrivers?

- ☐ Pray for them.
- ☐ Be open to just listening to them when they need it, and reporting to the proper authorities when it involves a minor.
- ☐ Model healthy boundaries and self-care.
- ☐ All of the above.
- ☐ I don't know any victims/survivors/thrivers, or I'm not sure.

Submit Vote!

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