

FAQs: Back-to-School Safety and Resiliency

Lehigh Valley Reilly Children's Hospital has answers to frequently asked questions (FAQs) about back-to-school safety, as well as helping build resiliency in children.

Q: What can parents do to help kids preserve their emotional health and bolster their resiliency?

A: You can help kids cope with back-to-school stress in a healthy manner.

- Acknowledge the impact of the pandemic and the toll it has taken on everyone.
- Set kids up for success by helping them understand what is within our control.
- Maintain connections with your child by keeping open lines of communication.
- Involve supportive services (school personnel, physicians, etc.) when you need them.

Q: What's the most effective way to talk to your teen about their feelings?

A: When it comes to talking to teens, keep your conversation informal. One of the best ways to get teens to open up and talk is when you are doing an activity together you enjoy. Some examples would be cooking a meal together, practicing a sport or hobby, or even just taking a drive where you can be alone and talk.

Q: What advice do you have for kids who want to wear a mask, but are afraid to because others aren't?

A: It's important to teach kids that they should do what they feel is right for them as long as they are not hurting anyone. It's also important for parents to support their child's decision.

Q. How can parents reassure kids who are concerned about getting others sick?

A. Concerns kids have about getting other people sick are legitimate and should always be acknowledged. As a parent, you can share safety measures that can help prevent COVID-19 like masking, good hand hygiene, getting vaccinated if they are over the age of 12 and social distancing.

Q. Should parents be more worried about their children this year because of the delta variant?

A. Because the delta variant is more infectious and spreads more easily, there is a concern that children will be able to spread the virus more. Data so far suggests that while more kids are getting the delta variant because it is more contagious, they aren't getting sicker, and the percentage of children requiring hospitalization due to COVID-19 has not increased with the delta variant.

Q: How can parents help their kids dispel rumors they are hearing about COVID-19.

A: In addition to websites like LVHN.org, look at reputable websites like healthychildren.org, which is run by the American Academy of Pediatrics, or CDC.gov. It is important for children to recognize there is a lot of misinformation, but they can stop the spread of that misinformation.

Learn more about back-to-school safety at [LVHN.org/schoolpartners](https://www.lvhn.org/schoolpartners).



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