



# RETURN TO SCHOOL

# SCHOOL TIPS

AFTER A PROLONGED ABSENCE (EX:  
ILLNESS, INJURY)



- **Open Communication with the school to discuss your child's needs**
- **Bring in a letter from your child's doctor outlining their condition, symptoms, issues to watch for, and necessary accommodations**
- **Be sure to inform the school of any medications your child takes and possible side effects**
- **Prepare your child for their return by practicing what they want to say to classmates if they are asked about their absence (You can practice by role playing scenarios with your child)**
- **Practice your child's school routine, waking and bedtime are especially important to consider.**
- **Help your child identify a specific person at school they can speak to if they have any problems or concerns.**
- **Once your child returns to school, check in with them regularly. Allow your child some quiet time after school, so they can be relaxed and refreshed before talking. Ask what's working and what's not, or if they have any concerns. If they don't feel like talking, don't pressure them. Let them know you are there when they are ready.**
- **Keep in touch with your child's school regularly and monitor how your child is adjusting**



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