

# Return to Learn Tips



## ESTABLISH ROUTINES

- Make a daily schedule (include meals, exercise, chores, etc)
- Get active for at least 60 minutes a day
- Eat regular, healthy meals close to the same time each day
- Make time for hobbies and self-care

## PRACTICE HEALTHY HABITS

- Wash your hands often for 20 seconds with soap and water
- Use hand sanitizer (at least 60% alcohol) when not able to wash your hands
- Cover your mouth when you cough or sneeze
- Avoid touching your face
- Maintain physical distance (at least 6 feet) when possible
- Wear a mask when physical distancing is not possible

## FOCUS ON THE FACTS

- Use reputable sources for your information
- Talk with your children about what they may be hearing and explain the facts
- Limit your family's exposure to excessive news and social media
- Refer to ADM's Return to Learn Plans

## GOOD SLEEP HABITS

- 5-8 year olds need 10 to 11 hours of sleep
- 9-12 year olds need 9 to 10 hours of sleep
- 13-18 year olds need 8-9 hours of sleep

## PRACTICE COPING SKILLS

- Positive self-talk
- Distraction (puzzles, movies, music)
- Grounding (yoga, exercise)

## Try the CALM strategy

- Connect emotionally
- match the Affect of the child
- Listen to what your child is saying
- Mirror their emotion back to them

## QUESTIONS?

Your child's teachers and counselors are here to help!

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