



Back to School Planning During A Pandemic

School may be in person, virtual, pod, or a hybrid model this year, but whatever presentation, we want you to know we are here to help support you and your family during these uncertain times.

**We are currently working on our fall schedules, please reach out to us or to your therapist to discuss any changes in your availability. Thank you!
Happy Back to School!**



Should Kids Wear Masks?

When should my child wear a mask?

Children over the age of 2 should wear a mask:

- When they are in settings where social distancing (at least 6 feet away from others) cannot be maintained, including both indoor and outdoor environments.
- When they are in an area where they can be in contact with surfaces that the virus could have been shed and are unable to keep

How do I get my child comfortable wearing a mask?

Masks can be scary for children because they hide part of the face, and from an early age, children look at faces for signals they need to feel safe.

- Wear a mask yourself, and let them know it's ok if they feel scared.
- Allow them to practice wearing a mask and teach them how to put it on and take it off before going out in public.

- their hands off the surfaces.
- If they are experiencing symptoms of coronavirus, such as coughing, fever and other symptoms that present in children with the virus.
- When otherwise required by law.

When should my child NOT wear a mask?

- If the child is at home with other household members.
- If they are under the age of 2.
- If they have any trouble breathing.
- If they are unable to remove the mask without assistance.

- Make wearing a mask fun by having them decorate their mask if the fabric allows or using a fun and friendly pattern for masks made at home.
- Make a mask out of an outgrown piece of clothing.
- Put a mask on a favorite stuffed animal, or draw a mask on their favorite character.
- Explain the importance of wearing a mask before trying to put the mask on them.



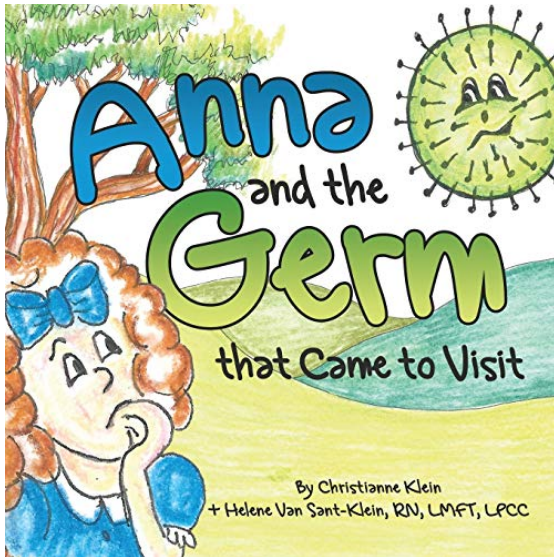
BACK TO SCHOOL POSTURE TIPS



- A comfortable work space can help you feel your best.
- Encourage good sitting posture by choosing a desk chair that supports the spine.
- Adjust the height so that feet rest on the floor or on a footrest and thighs are parallel to the floor.
- Adjust the arm rest so that shoulders are relaxed.
- Place the mouse within easy reach.
- Place the computer screen directly in front, the top of the screen should

be at or slightly below eye level.

- Ideally, the seated posture for kids follow a '90-90-90 degrees rule. This means that your elbows should be at a 90 degree angle, your knees should be at a 90 degree angle (place a shoe box or small step stool under your feet if necessary), and your feet flat on the floor beneath you.
- Consider a drafting table or slant board as an alternative or in addition to a desk.
- Consult with your therapist for information on alternative seating.



Anna and the Germ that Came to Visit...

The pandemic has changed our world... our lives, our schools, our physical and mental health... so how can we help our children cope?

by Christianne Klein (**Author**), Helene Van Sant-Klein (**Illustrator**)

<https://www.thegermbook.com/>

(to order book)

<https://www.thegermbook.com/additional-resources>

(coloring sheets)

“Anna and the Germ that Came to Visit is the perfect launchpad for kids to talk about the current pandemic, normalizing the complex feelings around an invisible threat. A great resource!”

— Carissa Zeleski, MD

Back To School Snack



Ingredients needed:

- Frozen waffles
- White bread
- Raisins
- Raspberries/Strawberries

To make:

1. Toast the waffles until golden and then cut the largest portion into a large rectangle.
2. Toast the bread and cut into triangles for the tips of the pencils.
3. Add a raisin for the lead.
4. Add either raspberries or cut up strawberries for the pencil eraser.

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