



Beech Brook

HELPING CHILDREN & FAMILIES THRIVE

Going Back to School

A Social Story about
Separation Anxiety



Things are going to be changing soon.

Grownups are going back to work. I will be going back to school.



Grownups have lots of different kinds of jobs.



What job does your grownup do?



We looked at pictures of my school and I remembered all the fun things I used to do there.



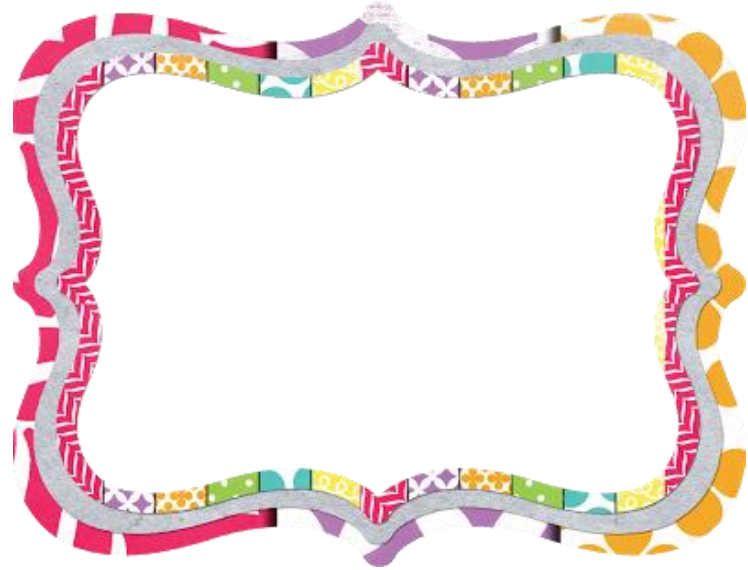
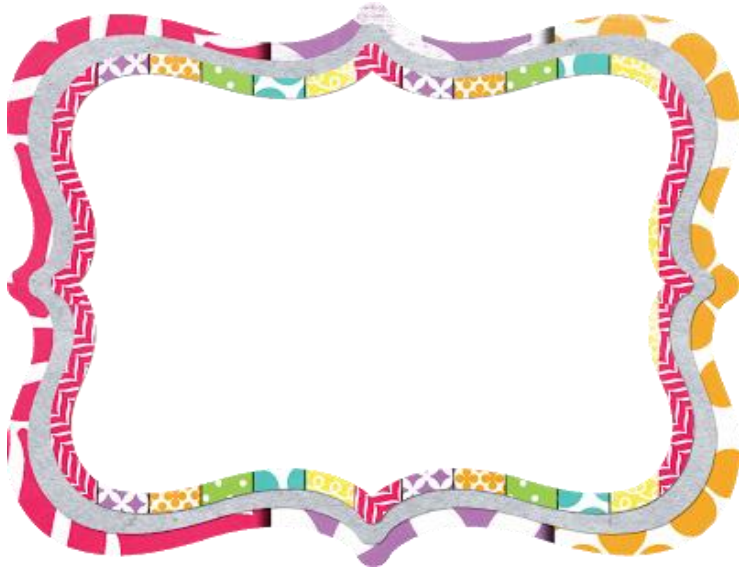
What does your school look like?



The time will go by fast while I am doing lots of fun things.



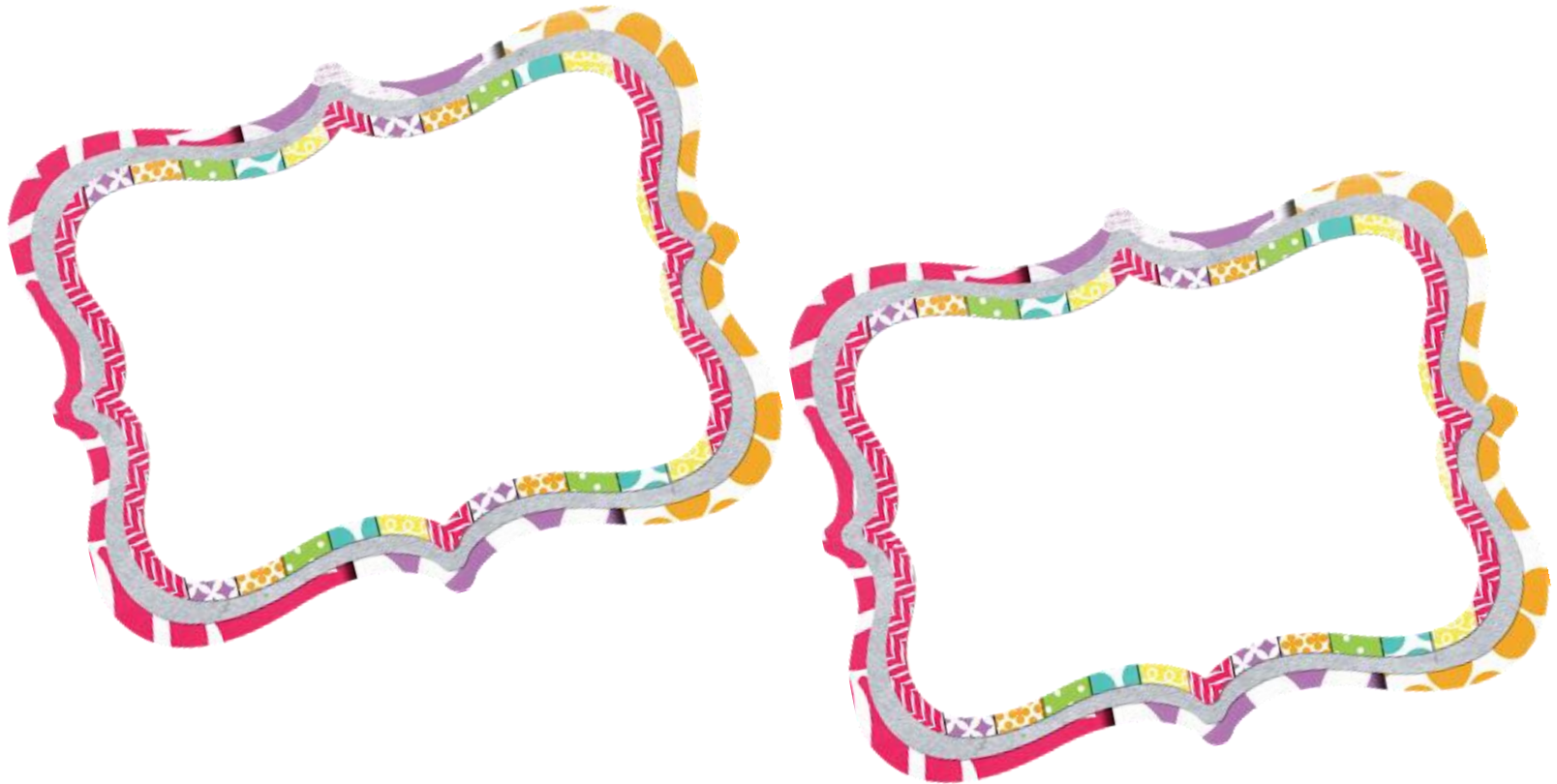
What fun things do you like to do at school?



If I am missing my time at home with my grownups, I can think of happy memories.



What are some of your happy memories?



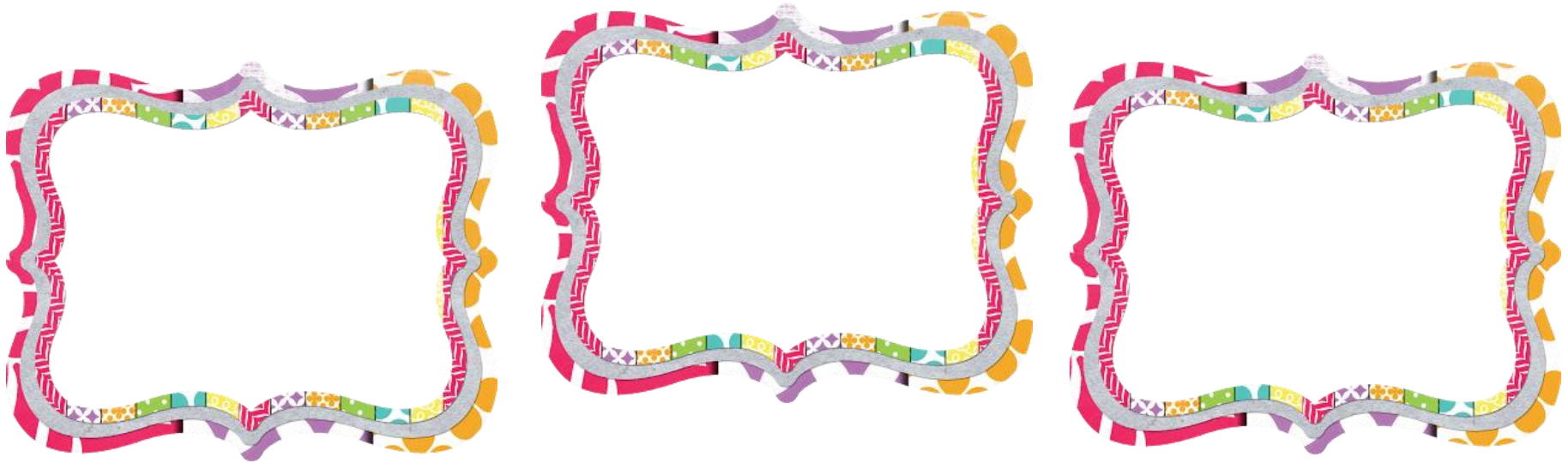
I can also hug my teddy bear or play with toys.



I can tell my teacher how I feel.



There are lots of ways to feel better. What do you like to do to feel better?



When we feel better, we can be ready to have fun and learn again.

When they're done working and I'm done learning, we will be together again.



Here are more parent tips for transitioning back:

- Communicate with children about their thoughts/concerns.
- Address your own concerns and how they may be perceived by your child.
- Talk to your child about changes due to the pandemic (mask, social distancing, hand washing).
- Visit your child's school prior to familiarize them with teachers/staff and the school.
- Have your child bring a familiar toy, blanket or pictures.
- Often, children cannot comprehend the concept of time. Discuss schedules with children in ways that they can relate.
 - “We will have breakfast and dinner together, but you will have lunch with your friends.”