

BACK TO SCHOOL PREPARATION TIPS DURING COVID-19



The 2020 back-to-school season is underway, yet many questions remain unanswered as to how exactly schools will reopen, if schools will continue distance learning, and how parents are expected to manage the entire experience. As this seems to be an ongoing wait-and-see situation, there are at least a few key areas where parents and families can begin to prepare.

Supplies

On top of all the standard back-to-school supplies, this year may also require extra face masks, hand sanitizers, and at-home learning tools like laptops and headphones, printers and paper. ACI's EAP specialists can help find supplies as well as referrals for community resources and local charities offering low-cost laptops and technology to help all students.

Space

Creating a dedicated space for each child's at-home learning can be a challenge, especially with multiple individuals working and learning at home at the same time. Assess the best areas for focus in the home, assign a student workspace that is decluttered and well lit,

and create a dedicated charging station so all technology tools are easily accessible and always ready to go.

Schedule

With parents and kids balancing zoom schedules and work deadlines on top of all the daily household needs—life can feel pretty overwhelming, pretty quickly. Try to prepare with a general back-to-school schedule. Include standard wake up and sleep times, school and work times, break and meal times, with room for daily physical activity, family fun and R&R.

Child Care

From government resources like [Childcare.gov](https://www.childcare.gov) to home day care and preschool networks like Wonderschool, NeighborSchools, WeeCare and MyVillage, and apps like Winnie, Komae and Helpr for child care, there are many services available to find and secure schooling and child care solutions during COVID-19. ACI's EAP specialists can help by providing personalized referrals for child care to meet your needs.

Emotional Support

It is normal to feel increased stress, anxiety, frustration and concern amidst ongoing uncertainty and challenges, and it helps to speak to a professional. ACI's EAP provides mental health sessions, with telephonic and video chat options, to talk through any personal concerns with a licensed mental health provider. ACI's EAP services are available for the whole family, including children.

Español

To access emotional support, child care referrals, and assistance with other back-to-school needs, reach out to your employee assistance program (EAP) provided by ACI Specialty Benefits at 800.932.0034, info@acispecialtybenefits.com, or through the myACI Benefits mobile app.