

High Bridge School District

Tiny Topper's

Preschool ReOpen

How Can I Prepare My Child for Preschool?

1. **Talk to your child about coronavirus.** The CDC put together some suggestion on how to talk to children about the coronavirus. Please see the below link on how to talk to your child about coronavirus.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Below is a video you can share with your child that explains what the coronavirus is and how to protect themselves from the coronavirus.

https://youtu.be/u4hF2_iMW6U

2. **Talk to your child about the importance of wearing a face mask.** In New Jersey, it is required that children over the age of two wear face masks while in school. See below for an age appropriate sing along on the importance of wearing masks you can share with your child.

<https://www.youtube.com/watch?v=NMVsCwKeARQ>

3. **Practice wearing face masks.** You can help your child to prepare for school by starting to introduce them to face masks. See the below video for tips on how to get your child to wear face masks.

<https://www.youtube.com/watch?v=3uTOSZHic4U>

4. **Practice Social Distancing.** When returning to school, our preschoolers are expected to follow social distancing guidelines (keep 6' distant from peers). To help them prepare for school, explain what social distancing is, why it is important, and have them practice social distancing. See the below link on how you can talk to your child about social distancing.

<https://www.waterford.org/resources/talking-about-social-distancing-with-kids/>

Below is a fun sing along on how the children can interact with their peers while social distancing.

<https://youtu.be/OMg6t-z8KEI>

5. Practice hand washing. It is recommended that children and adults wash their hands for twenty seconds. To help your child wash their hands for the recommended twenty seconds, you can start having them count to ten two times, count to twenty, or sing the alphabet when washing their hands. Below is an age appropriate video you can share with your child on the importance of hand washing.

https://youtu.be/Vr6GQN-z_2s

6. Talk to your child about sneezing into their elbow. To help stop the spread of germs, talk to your child about sneezing into their elbows to help minimize the risk of spreading germs.

https://www.youtube.com/watch?v=kR_QiBBjzG4

7. What will school be like this year? With all the new guidelines in place, school will look a little different this year. Below is a video to share with your children to give them an idea of what school will be like this year to keep us all safe.

<https://youtu.be/RGNi0mEmwpl>