

DEALING WITH POTENTIAL EXPOSURE: THE STRESS OF PHYSICALLY REOPENING SCHOOLS

For those districts that have decided to continue distance/virtual learning, parents and teachers will have to work even more closely together to make sure kids and teens are learning and to monitor their mental health.

TIPS FOR SUCCESS

SET UP AN INITIAL MEETING.

DISCUSS THE LEARNING ENVIRONMENT.

ESTABLISH EXPECTATIONS.

IDENTIFY RESOURCES.

DISCUSS EXISTING CONCERNS OR CHALLENGES.

SHOW SUPPORT FOR EACH OTHER.

GET ON THE SAME PAGE ABOUT WARNING SIGNS.

**LEARN MORE AT
[MENTALHEALTHMN.ORG/NEWS/BACK-TO-SCHOOL/](https://www.mentalhealthmn.org/news/back-to-school/)**