



Staying connected: Returning to school after an absence

After an absence due to illness, your child may face issues such as teasing or bullying. How well your child re-adjusts to school has a high impact on their overall wellbeing.

Help your child reconnect with friends by:



helping them brainstorm conversation starters and practicing discussing the topics with them



encouraging them to join activities they enjoy



talking to them about the importance of friendly behaviours such as sharing, taking turns, providing support, apologizing and giving compliments



asking them about their feelings; children who can identify their own feelings are better able to understand others



letting them speak for themselves in everyday conversations with others

Help your child deal with relationship problems by:



having them go to and from school with a close friend



encouraging them to be open with you about any problems



reminding them that hurtful comments may be unintentional



encouraging them to use “I” statements when telling peers about how their behaviour makes them feel (for instance “I feel ____ when you ____”)



encouraging them to confidently say “Stop!” or ignore teasing from other children by walking away



encouraging them to report any form of bullying behaviour

Take action when problems persist by:



encouraging your child to speak to a trusted adult at school



advocating for your child by calling the school to make sure a plan is in place



seeking help for your child from a school counsellor, psychologist or other professional who can work with your child to cope with these challenges

Did you know? This is one of a several tip sheets on handling illness during childhood.

Visit www.aboutkidshealth.ca/PREVNet to find tips on easing transitions through medically-related absences from school and other related topics.