



Staying connected: Before a school absence

Missing school because of a medical illness is not easy for children. It can be hard to feel connected with school and peers. Focusing on what your child can still do, despite their illness, will help you empower your child.

Encourage your child to strengthen bonds with friends by:



spending time with friends



sharing their thoughts and feelings with friends they trust



showing their friends how much they appreciate them, by giving a homemade gift or a hug

Prepare others for your child's absence from school. If your child is ready they can:



explain their illness to their classmates briefly and in their own words



tell their classmates that they will be absent



plan with their friends how they will keep in touch during their absence



explain how some things might change when they return, such as their appearance or activity level

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.