



Staying connected: During a school absence

Although it is important to keep up with school if possible, remember that this may not be your child's most important or realistic goal while they are ill. Maintaining friendships can be just as important.

Communicate with your child's teachers by:



explaining your child's interest in and ability to keep up with schoolwork and receive assignments



asking specific questions, such as

- how best and how often to communicate
- what to do if your child has questions about schoolwork



explaining that falling behind can be very stressful for your child



asking them if they can include your child in classroom activities through phone calls and online tools



keeping them up to date about how your child is doing and what can be expected of them

Help your child stay in touch with peers and friends by:



taking them to school for short visits or having friends visit them when they are ready



helping them decide who they should tell and what information they should share



asking your child's teacher to encourage classmates to keep in touch



using video chat apps to include them in events



encouraging them to text and use social media under your supervision

Help your child meet others in a similar situation by:



asking their medical team to introduce them to others going through a similar illness and/or treatment



asking about any hospital-based or online support groups that they could join

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.