**Checklist for parents to prepare for Alert Level 2**

Children and young people will return to early learning services and school during Alert Level 2. Talk to your children about what to expect as they go back to daily school life.

**Talk with your children about why it is important to play it safe while they’re at their early learning service or school**

**Play it safe**

* Children should be going to their early learning service or school.
* Handwashing is the most important thing your children can do to keep everybody safe – try and make regular handwashing fun by using a favourite song they can wash their hands to.
* Remind your children that we always wash our hands before eating, playing outside, after playing sports or with others, and after touching hard surfaces.
* If your child is sick, they should stay at home. Children who arrive at school or a centre sick will be sent home.
* Talk to your early learning service or school if you have any questions.

**If your child needs to stay at home**

* Your child should only stay at home if they are at greater risk of getting severe illness from Covid-19, in isolation, or awaiting test results.
* Contact your early learning or school to discuss ongoing support for home learning.
* More information about distance learning is available at <https://www.education.govt.nz/covid-19/distance-learning/>

**Younger children**

* We want everybody to be happy and well, and they can help do that.
* Make handwashing fun! Sing songs – let your child pick their own song, Show them a video about handwashing.
* Explain to your child that if our own hands are not clean we can make ourselves sick. Remind them that we always wash our hands before eating, playing outside, playing with others, and after playing on hard surfaces.

 Talk to your child about playing safe when they’re with their friends. Explain to them the importance of making sure they give others ‘breathing space’ - not to be so close to others that they can breathe on or touch other children.

* Explain to your child that they will need to eat their own food, and drink their own drinks; sharing food or drinks may make our own hands not clean and then we can make ourselves sick.

**For school-aged children**

* We want everybody in New Zealand to be well, and they can help do that.
* Remind them about sensible and safe distancing. Talk to your child about making sure they give others ‘breathing space’. Remind them not to be so close they can breathe on or touch other children.
* Explain to your child that if our own hands are not clean we can make ourselves sick. Make regular handwashing fun – use a favourite song or game. Show them a video about handwashing.
* Remind your child to always wash their hands before eating, playing outside, playing with others, after sporting activities, after playing on hard surfaces including outdoor play areas.
* Explain to your child that they should not share their lunch or any other food and drink.
* Let your child know that they will see more cleaning of their school and their classroom.
* Explain to your child that some children may choose to wear face masks. It might be part of their cultural practice to do so or to support their hygiene needs. Encourage them to respect other people’s choices.

**For older children, remind them to play it safe and socialise safely**

* Remind them about safe and sensible distancing. Talk to them about how they give others ‘breathing space’ – not being close enough to feel other people’s breath.
* Remind young people to socialise with people they know. When they are out in public, they need to try and keep to 2 metres between people they don’t know.
* Remind your young person that keeping track of where they’ve been and who they’ve met will be important to help keep all New Zealanders safe. Their actions can help keep others safe as it helps with contact tracing.
* Remind your child that some young people may choose to wear face masks. It may be part of their cultural practice to do so or to support their hygiene needs. Encourage them to respect others’ choices.