

Supporting Your Child Through a School Closing

Simple words, room for feelings, meaningful goodbyes, and steady support.

Navigating a school closing can be unsettling. By offering steady presence, clear communication, and setting expectations, you help calm, soothe, and support their emotions as they move forward with resilience and confidence.



TALK SIMPLY & HONESTLY



- Choose a calm moment when you can be fully present
- Use clear, direct language: "The school is closing"
- Answer questions honestly, even if the answer is "I don't know"
- Share information in manageable chunks
- Reassure them that their needs will be met



MAKE SPACE FOR LOSS



- Validate all feelings: sadness, anger, confusion, relief
- Listen without interrupting or "fixing" their feelings
- Encourage expression through art, writing, or play
- Acknowledge what they will miss: friends, teachers, routines
- Allow time for grieving and adjustment



CREATE A MEANINGFUL GOODBYE



- Plan a simple farewell activity, like a special dinner or photo day
- Create a memory book or scrapbook with drawings and photos
- Write thank-you notes to teachers and staff
- Take final photos of the school building or favorite spots
- Organize a small gathering with friends to say goodbye



WHEN FEELINGS COME IN WAVES



- Recognize that emotions can be unpredictable and cyclical
- Teach coping skills like deep breathing or mindfulness
- Maintain comforting routines at home to provide stability
- Offer extra cuddles, reassurance, and patience
- Be a calm presence; your steadiness helps them feel secure



Words That Heal

"Your feelings are important, and it's okay to feel however you feel."

"We will figure this out together; you are not alone."

"Even though things are changing, our love and support for you will stay the same."

Reach Out For Help

- If you are concerned about a child's emotional well-being, talk to their parent or guardian.
- Utilize school resources if available during the transition.
- Emergency Services: Call 911 or go to the nearest emergency room.
- National Suicide Prevention Lifeline: 988
- Crisis Text Line: Text "HOME" to 741741

Contact your school's counselor, psychologist, and social worker for additional support