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of questions about who's going to be wearing masks at school and who's vaccinated and kids are going to be struggling to answer those questions for themselves."

Bullying also is something children may stress about, especially if they've experienced it before.

"Your child might be anxious or worried about it happening, or as it's happening, you might see that they are feeling more isolated and frustrated," Wakefield said. "I think it's very important to regularly check in about your child's mental health and they can do this by