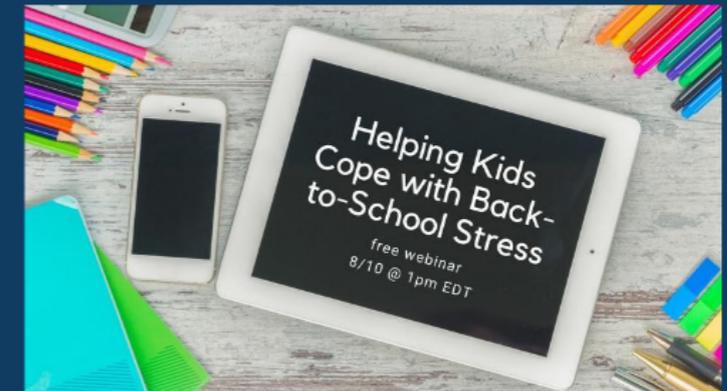




# Welcome!



## Q and A

To ask the presenter a question, you will type that in the Q and A box.

## CHAT

The chat box will be used for the presenters to give links and other information for participants.

## RECORDING

You will receive a recording of this webinar including a scrollable chat box.

## TOO MUCH?

If the chat and/or Q and A interactions are too distracting, please feel free to close them now or at any time during the webinar.

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# Helping Kids Cope With Back to School Stress

What can parents do?



How do we transition from summer fun to back-to-school during the COVID-19 pandemic?

HELP!



# BLACKBIRD

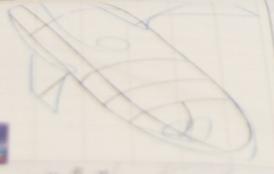
Use all the lines to color the blackbird. Use a separate piece of paper to cut out the blackbird. Use the blackbird to make a mobile or a puppet.

3

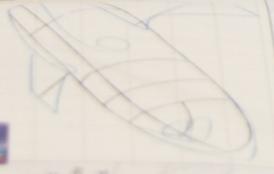


3

2



1



1



2



3



What now?

# When and how should I prepare myself and my children for the new school year?

- ◉ When? Now!
- ◉ 1. Educate myself about your district's reopening plan. Check local newspapers
- ◉ 2. Check out my local health department for up to date protocols for safety procedures during COVID-19
- ◉ 3. Check your state education website
- ◉ 4. Ask questions if you need answers
- ◉ 5. Try to relax and stay calm
- ◉ 6. Take deep breaths

What will be  
the same?

What will be  
different?



# What will be the same?

- Learning new things with help from familiar teachers
- Spending time with friends and classmates virtually or in person.
- Being able to ask questions if you need help
- Teachers and children may be anxious about school starting again.

# What May Be Different?

- Social distancing
- Wearing face masks in school
- Having temperatures taken in school
- Smaller classes
- Fewer visitors in school
- May not eat in the lunch room
- Parents will not provide instruction every day.



# What are the stressors that parents are experiencing now?

- Will my child be safe at school?
- How do I balance home schooling with my work responsibilities?
- I do not feel capable enough to teach my children effectively.
- If I choose to keep them home, what will the long term effects be in their individual educational processes?
- If the children return to school, how will they navigate the school building and transportation in a safe manner?

- How will the school exposure effect at-risk family members at home?
- What will I do if my child has so much anxiety that they refuse to go to school?
- What happens when they socialize with peers?
- What happens if there is an outbreak of COVID 19 at my child's school?

# What are the stressors my child may experience when thinking about school?

- How will I feel being away from my family after months of being at home?
- What will be different at school now?
- Will I be safe at school?
- Will I have to wear different clothes now?
- Why do I have to keep a mask on my face?
- Will I be able to see my friends again?
- Will my school close again?

- What do I do if someone is bullying me or giving me a hard time on the bus?
- What if I don't like my new teacher?
- What if I don't know anybody in my class?
- Will my teacher help me if I need help?

# How can I ease my child's anxiety?

- Prepare children for the transition they will experience a week or two before school starts.



Arrange play dates  
with one or two  
familiar peers  
before school  
starts.



- Acknowledge that starting school can be hard and validate those concerns
- Reassure children that often the first time we try something new is the hardest but it often gets easier when we get used to new things.
- Affirm the child's efforts when they overcome their worries.

- Stay calm and offer reassurance when children get anxious.
- Try to model effective ways to deal with stress.
- Focus on the positives and what has gotten better since the pandemic.
- Empower children to know that they can take positive actions to lessen stress and anxiety.
- Pay attention to your own stress levels related to fears of the known and the unknown.
- Explain the nature of social distancing in an age appropriate way.

- Demonstrate techniques like deep breathing, relaxation and mindfulness to calm emotions.
- Try to maintain a daily routine so children can have a sense of control and predictability to feel more secure.
- Identify ways to reach out to others in need with projects that can be initiated at home with the family.
- Monitor television and social media
- Discuss rumors and inaccurate information that may frighten children.

- Let your children's questions guide you to provide age appropriate answers.
- Be aware that children do not always talk about their concerns because they are confused or do not want to worry those they love.
- Younger children may perceive what they overhear from adults as scary. Be a better listener and pay attention to what is being said around children.
- Children often imagine things that can be overwhelming and create fear they may or may not express.
- Stay in touch with the latest developments at your child's school regarding protocol in handling any new situations that might create concern for you or your child.

"Be the change you wish to see in  
the world"

Mahatma Gandhi



# Resources for Parents

American Academy of Child and Adolescent Psychiatry, "Resources for Helping Kids and Parents Cope Amidst COVID-19"  
[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Libraries/covid-19/resources\\_helping\\_kids\\_parents\\_cope.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx)

American Academy of Pediatrics, "Return to School During COVID-19"  
<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Return-to-School-During-COVID-19.aspx>

Center for Disease Control and Prevention, Coronavirus Disease 2019, "Helping Children Cope"  
Updated July 1, 2020

Child Mind Institute, "Back to School Anxiety",  
<https://childmind.org/article/back-to-school-anxiety/>

George Lucas Educational Foundation, "How to Help Students Get Used to Masks" Lori Desautels, July 31, 2020  
[edutopia.org](http://edutopia.org)

George Lucas Educational Foundation, "How to Plan When You Don't Know What to Plan For" Katie Hicks, Sarah Schroeder,  
July 8, 2020  
[edutopia.org](http://edutopia.org)

John Hopkins Medicine, "5 Tips to Ease Back-to-School Anxiety"  
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-tips-to-ease-backtoschool-anxiety>

John Hopkins Medicine, "Back to School Guide for Parents"  
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/back-to-school-guide-for-parents>

National Association of School Psychologists: "Helping Children Cope With Changes Resulting From COVID-19"  
<https://www.nasponline.org/resources-and-publications-/resources-and-resources/helping-children-cope-with-changes-resulting-from>

National Child Traumatic Stress Network, "Helping Children With Traumatic Separation or Traumatic Grief Related to COVID-19"  
[www.NCTSN.org](http://www.NCTSN.org)

NYU Langone News: "School's Out: A Parents' Guide for Meeting the Challenge During the COVID-19 Pandemic"  
<https://nyulangone.org/news/schools-out-parents-guide-meeting-challenge-during-covid-19-pandemic>

Stony Brook Medicine: "Separation Anxiety during the COVID-19 Pandemic"  
[https://www.stonybrookmedicine.edu/SeparationAnxietyCOVID19\\_keluskar\\_reicher\\_crowell](https://www.stonybrookmedicine.edu/SeparationAnxietyCOVID19_keluskar_reicher_crowell)

UNICEF, "Supporting Your Child's Mental Health as They Return to School During COVID-19"  
<https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>

All photos downloaded from [unsplash.com](https://unsplash.com)

# Take care of your mental health

You may experience [increased stress](#) during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. Get immediate help in a crisis

- Call 911
- [Disaster Distress Helpline](#)  
: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- [National Suicide Prevention Lifeline](#)  
: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chat](#)
- [National Domestic Violence Hotline](#)  
: 1-800-799-7233 or text LOVEIS to 22522
- [National Child Abuse Hotline](#)  
: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- [National Sexual Assault Hotline](#)  
: 1-800-656-HOPE (4673) or [Online Chat](#)
- [The Eldercare Locator](#)  
: 1-800-677-1116 [TTY Instructions](#)
- [Veteran's Crisis Line](#)  
: 1-800-273-TALK (8255) or [Crisis Chat](#)  
or text: 8388255

Find a health care provider or treatment for substance use disorder and mental health

- [SAMHSA's National Helpline](#)  
: 1-800-662-HELP (4357) and TTY 1-800-487-4889
- [Treatment Services Locator Website](#)
- [Interactive Map of Selected Federally Qualified Health Centers](#)
- [Source: Center for Disease Control and Prevention](#)

Presented by Janet A. Siry, LCSW

J.siry@lccny.org

janetsiry@lcsww@gmail.com

Cell: 516-818-7701

August 10, 2020

Lutheran Counseling Center

[www.lccny.org](http://www.lccny.org)

1-800-317-1173