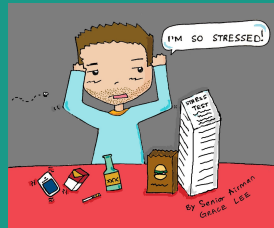

How to Support Your Child Through Transitions

Challenges You May Be Facing

- The uncertainty of what is going to happen next
- Rise in cases
- Facing decisions they never anticipated
- Routines are constantly changing



Return To School

- Safety is a priority for all staff and families
- Some students have not returned to school at all
- Some have been in an out of quarantine
- We all reverted back to virtual



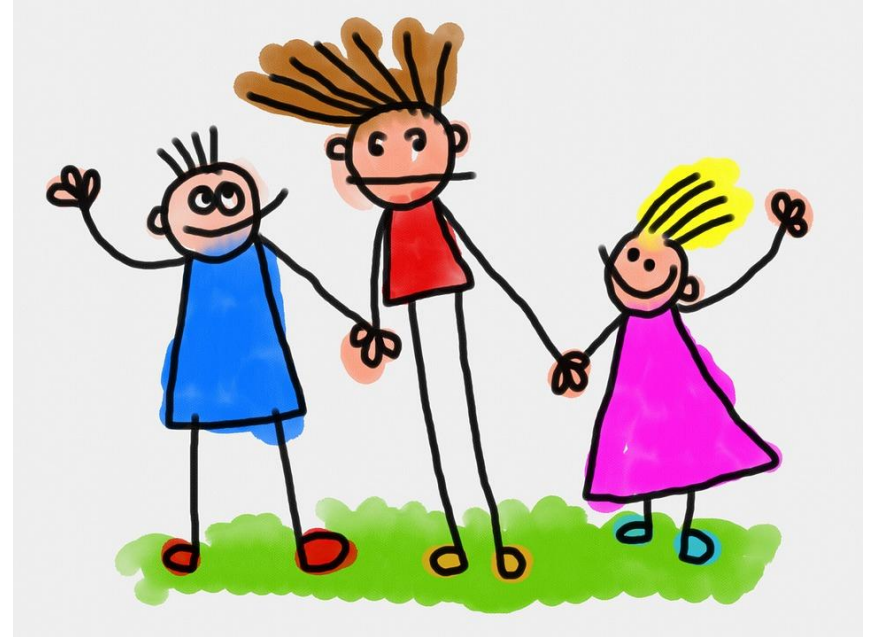
Questions as Parents

- What can we do?
- How can I help my child?
- How do I make a smooth transition? Or another smooth transition

Successful Return to School



- Preparation is Key!
 - supplies, masks, sanitizers (decreases anxiety)
- Create a routine
 - sleep and daily routines (practice/ask questions)



Coping with Anxiety



- Be present
- Beware of news intake
- Self Care activities
- Stay connected
- Communicate confidence- your emotions will reflect on your child
- Communicate with your child
- Communicate with teachers



Bridge Over Troubled Waters

- Belief that a negative situation will not be your narrative
- Resilient spirit to understand this too shall pass
- Intentional of enjoying the simple pleasures of life
- Dynamic in that it will produce positive energy and attitude
- Goal oriented that allow seeds of opportunity to grow
- Energy needed to channel positivity into all facets of your mind, body, spirit.