



TIPS FOR PARENTS & GUARDIANS AS WE RETURN-TO-LEARN THIS SCHOOL YEAR

First, take some time to recognize we may have:

- Potentially experienced our own loss or stress (financial, personal, social, physical/medical)
- Witnessed your child being unable to say goodbye to certain friends or teachers from the previous school year.
- Worries and fears of the “unknown” as we approach another year of learning during this pandemic.

Ways to promote self-care and positivity in your home:

- Encourage each other to limit exposure to news coverage and social media. Choose a couple of trusted sites for the content you need, and let that be enough.
- Think of ways to express gratitude, which creates a healthy mind and boosts immune response. Try to help yourself and your child focus your first morning thoughts on one thing you're grateful for.
- Laugh. We know that it

changes the biochemistry of our brains and boosts immunity.

- Get enough sleep and try to have a good sleep schedule.
- Adjust your expectations. We are all going to have to do that over and over again as the crisis continues to unfold. Allow flexibility.
- Remember, whatever you're doing for your family is *enough*.

Ways to support your child's education at home:

- Ask your child to show or tell you at least one thing they learned each day. Be specific by using conversation starters like: “Tell me what you did in math today?” or “Tell me about something you had to write today?” or “Tell me something that was challenging for you today.”
- Stay connected with your child's school and teacher(s) via email, Seesaw, Google Classroom, newsletters, etc.
- Use encouraging words for proper handwashing and mask wearing. Praise your child for a job well done!

- Allow yourself the grace to take a little extra time to do something relaxing with your child. Take a walk, go for a bike ride, chat over dinner, or hang out on the couch together.

Resources for at home:

- [NLSD122 Virtual Calming Room](#)
- [COVID-19 Conversation Tips - Talking to Kids](#)
- [Mindfulness Tips - The Power of Pause](#)
- [Tips for Working from Home with Children](#)

Free apps for stress relief:

- MyLife Meditation
- Stop, Breathe, & Think Kids
- Calm
- Relax Melodies
- Headspace

Know we are here for you. Your school administrators, teachers, and social workers are here to support you.

Do not hesitate to reach out for a lending hand.