Help your child navigate the unknowns

Preparing for a socially distanced return to school

As school doors re-open in your community, the experience will likely involve safety guidelines for students, teachers, and parents due to COVID-19. It’s only natural for everyone to feel nervous and apprehensive. To help kids of all ages adjust:

- Talk about how the situation is evolving and what to expect. Discuss the rules in place to keep them, their friends, and teachers safe and healthy.
- Think about different scenarios that could happen and how to respond.
- Practice wearing a mask. Acknowledge that mask-wearing can be difficult while still emphasizing the importance.

In-person or remote learning: How to make the choice for your child

This school year, parents may have a choice between in-person or remote learning for their child. How does a parent weigh the benefits to a child of being with other children and learning from a teacher in person against the risks from COVID-19 pandemic? While experiencing stress, anxiety, and frustration is normal for kids navigating an unknown and ever-changing situation like the COVID-19 pandemic, many parents and caregivers find themselves wondering how to gauge their child’s mental health and when to seek help.

Monitoring the pandemic’s impact on your child’s mental health—and when to seek help

As the pandemic stretches on, questions and concerns are increasing about the potential long-term impacts distancing restrictions, school closures, and social isolation will have on children and adolescents. With all children and teenagers experiencing fear and uncertainty, it’s important to continue to monitor your child’s mental health and coping skills. While experiencing stress, anxiety, and frustration is normal for kids facing an unknown and ever-changing situation like the COVID-19 pandemic, many parents and caregivers find themselves wondering how to gauge their child’s mental health and when to seek help.

How was your day? How to get your kids to talk to you

As a parent, you know how getting kids to open up isn’t always easy. Kids are amazingly good at responding to open-ended questions with a single word, giving their parents no clue about how their day might have gone. Whether you have young or older kids, helping them open up to you can help them feel understood and supported. Try these simple strategies to incline your child to open up to you.

Extend your child’s learning beyond the classroom

Teachers work hard to give children a good education during the school day. Give your child’s classroom curriculum a boost by reinforcing the lessons with fun, family-friendly activities. Jumpstart your brainstorming with these creative ideas.

School days: How to prepare introverted and extroverted kids for heading back to class

In-person learning offers children an opportunity to rise above the challenges of virtual or socially distanced school. Explore how your child’s introverted or extroverted personality impacts the adjustment whether they’re returning to in-person or virtual classrooms.

How to help your introvert return to the classroom

How to help your extrovert with at-home learning

School days: How to prepare introverted and extroverted kids for heading back to class

The transition from in-person learning to virtual learning can be complex: working from home, using video calling, and helping kids navigate the challenges of virtual or socially distanced school. Explore how your child’s introverted or extroverted personality impacts the adjustment whether they’re returning to in-person or virtual classrooms.