Help your child feel more **COMPETENT** by preparing them in advance. Check school websites for back to school plans. Then have an *Ask Me Anything Family Dinner*, where they get to ask all the back to school questions they have.

Help your child be more **CONFIDENT** about school work. Remind them that no one is behind because everyone has been out of school.

Help your child feel better **CONNECTED** to their friends. Plan an outdoors social distancing play date, or an online gathering with friends before school starts.

Help your child build **CHARACTER** by emphasizing what you value and how to show it. “I value kindness and respect so I wear a mask and social distance to keep the people I care about safe.”

Help your child **CONTRIBUTE** to the school community. Remind your student that they have a lot to offer, that their opinions matter, so they should show their smarts by participating in remote and in-person classes.

Help your child learn ways to **COPE**. Remind them that many children are feeling just as anxious and stressed about returning to school as they do. Create Stress Strategies: counting to 10, taking deep breathes, etc. Let them see how you calm yourself when stressed.

Help your child find their own power and **CONTROL**. Point out that they have control over what they choose to do or say. Words matter and can make or ruin someone’s day.

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**OK YOU’VE GOT THIS**

*Adapted from Building Resilience in Children & Teens by Kenneth Ginsburg, MD*