

OK PARENTS, YOU'VE GOT THIS!

NOW MORE THAN EVER,

A **RESILIENT** STUDENT IS A SUCCESSFUL STUDENT.

BACK TO SCHOOL RESILIENCY TIPS FOR PARENTS DURING COVID19

1

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.

2

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

3

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.

4

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."

5

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.

6

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.

7

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.

OK YOU'VE GOT THIS

ADAPTED FROM *BUILDING RESILIENCE IN CHILDREN & TEENS* BY KENNETH GINSBURG, MD



Is a public awareness and education campaign to build resilient youth in Addison County. Data from schools and organizations serving kids show low levels of resiliency among youth and a feeling of being undervalued in their communities. Counseling Services of Addison County, Addison County Parent Child Center, Building Bright Futures, the Vermont Department of Health, Vermont Department of Children and Families, all 3 school districts and many other groups and individuals are joining together and stepping up to change that. We believe that thriving communities and healthy families grow resilient kids.

okyouvegotthis.org