

# PREPARING FOR YOUR CHILD'S SUCCESSFUL RETURN TO SCHOOL

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Shannon San Pedro, LMFT

Rebecca Leal, LMFT



# It is going to be *Alright*



“Above all else, I want you to know that you are loved and loveable. You will learn this from my words and actions – the lessons on love are in how I treat you and how I treat myself”. – *Brene Brown*

# Oxygen Mask: Taking care of you first

- Feelings of anxiety and stress impair learning and health
- Create a safe environment for you and your family by limiting the amount of social media and media that is being consumed
- Remind yourself that you are doing the best you can with the information you have right now.
- Take inventory, create a list of pros and cons, check sources of information. Breathe!




# Changes-Should I even bring it up?


- **YES!** Preparing your child for the upcoming changes will make dealing with them easier and create an open dialogue as other changes occur.
- **What do I say?** Identify how this school year will be different. Take the time to explain how these changes came about. Listen! If your child expresses concerns or dislike, validate and reflect. *You don't have to have all the answers*
- **Be Prepared.** Identify the important points that need to be communicated to your child and write them down. This will help you feel confident to handle potential surprises.
- **Expectations.** Share with them how long they will be expected to be in front of the computer. What will breaks look like? When will lunch time be and who is making it? Remind them to try their best! Stating these expectations can assist your child/teen will feeling confident and relax.

# Listen and Encourage Children to Talk

Make yourself available to listen to your child's questions and views about this new way of learning.



Like adults, children will also need a space to express their frustration.



Having more than one child, you might notice they each are experiencing things differently, try finding one-on-one time with each so they can express themselves to you.

- Sometimes children don't have the language to share their experiences and emotions, so asking questions such as the following can help start the conversation:
  - What are you looking forward to about going back to school?
  - Which friends and teachers are you excited to see?
  - What do you think will be hard about this year?
  - What do you think will be easy about this year?
  - What is ONE thing about this new way of 'doing school' that you think you'll be the strongest at?

# Create A Learning Environment

- Involve your child to set up a space that is quiet, well lit, and free from as many distractions as possible.
  - Some children will need some background noise to help maintain focus. Consider some light music or nature sounds that can be in the background or on a headset
- Children can work together: consider setting up a larger space so they can be around each other, with options to separate as needed.
- View the content online as important. This will help your child see the purpose of distance learning.
- Help regulate your child by monitoring; help them stay focused during class time, check on them periodically to provide support and encouragement
- Be a Role Model: Let them see you work.
- Teamwork: Verbalize and view your child's teacher as a Teammate
  - Teammates stay in contact
  - Teammates have patience and compassion with one another
  - Teammates also keep each other in check & check the plan (don't be afraid to ask questions!)



# Routine, Routine, Routine

## Daytime/ “School Day” Routine

- Wake up same time everyday
- Get dressed/maintain hygiene routine
- Have breakfast and step outside- the mind and body will respond to the natural light signaling it is time to be alert.
- Work with your child to set up a learning schedule that will include instruction, breaks, lunch, socialization, and outside time.

## Evening Routine

- Eat dinner around the same time
- Include enjoyable activities of your child's choice.
- Get outside- our bodies respond to natural light dimming which helps the body to calm down to prepare for rest
- Set up a regular bedtime and avoid screen time for at least an hour before.

# Embrace Structure

K-5

Highschool

## K-5 Sample Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PE</b> 8:00- 8:25	<b>PE</b> 8:00- 8:25	Homeroom Check-in	<b>PE</b> 8:00- 8:25	<b>PE</b> 8:00- 8:25
<b>Reading</b> 8:25- 9:20	<b>Reading</b> 8:25- 9:20	Schoolwide Events	<b>Reading</b> 8:25- 9:20	<b>Reading</b> 8:25- 9:20
<b>Writing</b> 9:20-10:15	<b>Writing</b> 9:20- 10:15	Office Hours	<b>Writing</b> 9:20- 10:15	<b>Writing</b> 9:20-10:15
<b>Break</b> 10:15-10:35	<b>Break</b> 10:15-10:35		<b>Break</b> 10:15-10:35	<b>Break</b> 10:15-10:35
<b>Math</b> 10:35-11:30	<b>Math</b> 10:35-11:30		<b>Math</b> 10:35-11:30	<b>Math</b> 10:35-11:30
<b>Social Science/Science</b> 11:30- 12:20	<b>VAPA</b> 11:30-12:20		<b>Social Science/Science</b> 11:30-12:20	<b>VAPA</b> 11:30-12:20
<b>Lunch</b> 12:20-1:20	<b>Lunch</b> 12:20- 1:20	<b>Lunch</b> 12:20- 1:20	<b>Lunch</b> 12:20-1:20	<b>Lunch</b> 12:20-1:20
<b>Extended Learning</b> 1:20- 2:45	<b>Extended Learning</b> 1:20- 2:45		<b>Extended Learning</b> 1:20- 2:45	<b>Extended Learning</b> 1:20- 2:45


## 9-12 Proposed Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Period 7:</b> 7:10am-8:10am Support: 8:10am-8:25am	<b>Period 0:</b> 7:10am-8:10am Support: 8:10am-8:25am		<b>Period 7:</b> 7:10am-8:10am Support: 8:10am-8:25am	<b>Period 0:</b> 7:10am-8:10am Support: 8:10am-8:25am
<b>Period 1:</b> 8:30am-9:30am Support: 9:30am-9:45am	<b>Period 2:</b> 8:30am-9:30am Support: 9:30am-9:45am	<b>Planning &amp; Grading:</b> 8:30am-9:30am	<b>Period 1:</b> 8:30am-9:30am Support: 9:30am-9:45am	<b>Period 2:</b> 8:30am-9:30am Support: 9:30am-9:45am
<b>Period 3:</b> 9:50am-10:50am Support: 10:50am-11:05am	<b>Period 4:</b> 9:50am-10:50am Support: 10:50am-11:05am	<b>Collaboration:</b> 9:35am-10:35am	<b>Period 3:</b> 9:50am-10:50am Support: 10:50am-11:05am	<b>Period 4:</b> 9:50am-10:50am Support: 10:50am-11:05am
<b>Period 5:</b> 11:10am-12:10pm Support: 12:10pm - 12:25pm	<b>Period 6:</b> 11:10am-12:10pm Support: 12:10pm - 12:25pm	<b>Online Homeroom:</b> (Rallies, Assemblies, etc) 10:40am-11:40am	<b>Period 5:</b> 11:10am-12:10pm Support: 12:10pm - 12:25pm	<b>Period 6:</b> 11:10am-12:10pm Support: 12:10pm - 12:25pm
<b>Lunch</b> 12:25pm	<b>Lunch</b> 12:25pm	<b>Lunch</b> 12:25pm	<b>Lunch</b> 12:25pm	<b>Lunch</b> 12:25pm
1:25pm-3:30pm Student- Extended Home Learning/ Resource for SPED	1:25pm-3:30pm Student- Extended Home Learning/ Resource for SPED	1:25pm-3:30pm Student- Extended Home Learning/ Resource for SPED	1:25pm-3:30pm Student- Extended Home Learning/ Resource for SPED	1:25pm-3:30pm Student- Extended Home Learning/ Resource for SPED



# Encourage a Growth Mindset

Accomplish BIG Things With a  
**GROWTH MINDSET!**  
Success Begins With Believing You Can



Instead of Thinking...	Think This...
I can't do it.	I'm still learning. I'll keep trying!
I'm not good at this.	What can I learn to get better at this?
It's good enough.	Is this the best I can do?
It's too hard.	With more practice it will get easier!
I'm afraid of making a mistake.	Mistakes are how I learn & get better!
They are better at it than I am.	What can I learn from them?
I don't know how.	I can learn how!
I can't make this any better.	I can always find ways to improve!
I don't like challenges.	Challenges make me better!
I give up.	I'll try a different way!

- Children adopt from parents, caregivers and mentors a style of thought.
- Use this time of being together to embrace the chance for change, empowerment and growth.
- How will this help?
  - Your child will develop a willingness to confront challenges.
  - Internal confidence and improved belief in skill set
  - Failure becomes a springboard
- **Your** language becomes *their* language.
- Resource adopted from [developinghabits.com](http://developinghabits.com)

# Keep Your Child Motivated

1

It's the weekend? Plan **fun** and rewarding activities to help keep them motivated (i.e., free choice, age appropriate crafts, experiments, walking, biking etc.)

2

Incorporate fun **breaks** for your kids during the school day and after school

- Sidewalk chalk, Hopscotch , bubbles, arts and crafts, cook together, learn a Tiktok dance together, time each other doing an exercise for 30-60 secs each

3

**\*Responsibilities:** reward children when they are able to complete all their responsibilities and chores for the day/week. Utilize their interests as rewards they can work towards, to keep them focused and motivated to complete work assignments. (i.e., Read for 60 mins = watch favorite tv show)

# Self-Care for YOU!

- Identify your natural supports and reach out to them
- Recruit and Communicate with your partners and family members to help maintain routines, listen, encourage discussions, and motivate your children.
- Remind yourself you are not alone; everyone is learning how to manage. There will be some bumps in the road, *and that's okay*.
- Have open communication with your child's school to maintain progress and problem solve as needed.



# When You Might Need Extra Support

Reach out for help if you notice the following in yours or your child's behaviors

- Increased irritability
- Excessive worry
- Thoughts of suicide or harming oneself or others
- Decrease in ability to sleep or excessive sleep and fatigue
- Decrease in daily hygiene
- Refusal to complete schoolwork

Call us at (844)-222-2377



**Hathaway-Sycamores**  
CHILD AND FAMILY SERVICES

# Additional Resources

Shannon San Pedro  
[ssanpedro@hscfs.org](mailto:ssanpedro@hscfs.org)

Hathaway-Sycamores  
Referral Support  
Center

(844)-222-2377