

Does your child need coping skills?

Click the link below for a free printable set of “Coping Skills Cards”!

<https://drive.google.com/file/d/1xdQ9T7edRxcNBxZhHuhQfTb6f8JK3qcw/view?usp=sharing>



Back to School Anxiety During COVID-19

Back to school can be a time of increased anxiety for many parents and children. Anxiety around the start of the school year may be intensified due to the COVID-19 pandemic. The anxiety that children are experiencing may lead to behavioral challenges—such as avoiding school, non-compliance, or defiance. Helping your child to manage their anxiety can reduce the frequency of anxiety-based behavioral challenges.

Is your child experiencing back to school anxiety? Is the back to school anxiety related to COVID-19? These are good questions to ask yourself and your child. Regardless of the reason for the anxiety, there are some general tips and strategies that can be helpful to your child. If you are able to identify the cause of the anxiety you can customize tips and strategies discussed below.

Anxiety Reduction Tips

- Create a routine. Routines help to decrease anxiety by addressing anticipation anxiety—anxiety associated with not knowing what to expect.
- Acknowledge and validate anxiety. Talk to your child about their worries and let them know that it is okay to feel this way. Provide examples of times when you (the parent) have experienced anxiety and how you got through it.
- Learn and practice coping skills. Coping skills are helpful in management of intense emotions. For best results, practice coping skills when anxiety is low. This is important to build “muscle memory” and ensure that the coping skills have the desired effect.
- Familiarize with new people or places. Reduce anxiety around new teachers, classrooms, or schools by meeting the teacher or visiting the new school prior to the first day of classes.
- Role play. Act out anxiety inducing interactions or experiences associated with school. This will help your child to be prepared on how to respond when the anxiety-inducing situations arise.
- Keep Calm. Children are good at picking up on the emotions of others. Keeping yourself composed will model the mindset you want from your child.



Upcoming Events

Date/Time	Topic	Link
Friday, September 4 @ 8am	Creating Structure & Routine at Home with Hybrid-Model Schooling	https://zoom.us/meeting/register/tJwufu2tqDgoG9yrrpOjPsgV24TqSohJ1A-bj
Thursday, September 10 @ 8am	Help! My Child Won't Wear a Mask!	https://zoom.us/meeting/register/tJwkdeygpjkuHtRLyRM8yfLpIU3MEub26_j6
Monday, September 14 @ 7pm	Mindfulness & Managing Stress	https://zoom.us/meeting/register/tJMqdOuqqTouGNKkzM9x8RXnbm1qrky0-czX



The contents of this document were developed under a grant from the US Department of Education, #H325160003. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Carmen Sanchez.