



**RHINEBECK**  
**RETURNS**

Preparing Parents  
for the transition  
back to school

# Normal Reactions

for both  
parents and students

Worried

Relieved

Concerned

Confused

Anxiety

Panicked

Fear

Excited

Overwhelmed

Guilty

Frustrated

---

# How to Support Your Child

- Role model self care
  - Be aware of how you talk about COVID-19
  - Explain social distancing
  - Focus on the positive
  - Monitor social media and news
  - Offer support and reassurance for your child's emotional reactions
-

# Establish and Maintain Daily Routines

- Set up consistent sleep schedules (wake and bed times)
  - Maintain a structured schedule for academic times, break times, physical activity, meal times, etc.
  - Limit screen time (for non-academics)
  - Consistent homework time
  - Provide a consistent and designated work/study space within the home (for remote learning when applicable)
-

# Supporting Your Child's Emotions

- Let your child's questions guide your conversation
- Listen compassionately
- Be honest and accurate
- Keep explanations age appropriate
- Base approach on your individual child
- Help your child understand and expect for the differences of how school will look
- Find elements of normal routines and rituals

# When Worry Shows Up

from the work of Lynn Lyons

- Anxiety demands certainty and comfort
- Worry keeps us rigid
- Anxiety wants us to avoid tasks and activities
- Anxiety is the defense (we want to be on offense)
- The more we resist, the more it persists

# Facing Worry

- Be willing to feel unsure and uncomfortable with uncertainty
- Expect worry to show up /positive expectancy
- Be willing to be flexible (spaghetti analogy)
- Focus on problem solving
- Allow for autonomy/independence
- Name your worry and talk back to the worried thoughts
- Focus on the process and not the content

# Stay Connected to School

- Rhinebeck Central School District Website
    - <https://www.rhinebeckcsd.org/portal/returns/index.php>
  - Your child's Canvas, ClassDojo, Google Classroom
  - Check email, both your personal email and your child's school email
  - Contact your child's teacher, school counselor, or building administrator with questions and concerns
-



# Resources

- Anxieties.com (the work of Reid Wilson)
- National Association of School Psychologists [nasponline.org](https://www.nasponline.org)
- Lynn Lyons [lynnlyons.com](https://lynnlyons.com)
  - Mom Retreats Podcasts:  
<https://luxerecess.com/amomsretreat/category/lynn-lyons-podcast-episodes/>
- Child Mind Institute [childmind.org](https://www.childmind.org)
- Unicef [www.unicef.org](https://www.unicef.org)

**Questions?**