

Pandemic Back to School Advice for Parents



Recommended by The Purposeful Parenting Clinicians at Southeast Psych

1. Expect the unexpected – be ready to roll with it. Have a schedule but prepare to be fluid. Help your children understand this too.
2. If students are going back to school, help them get comfortable with masks NOW – model good healthy behavior with your children, explain why masks are needed to decrease their anxiety, emphasize protection to self and care for others. Have your child practice wearing a mask around the house and outside, and especially when around others. "Doing" promotes habit-formation. The more they wear it around others, the more comfortable they become and more likely they will create the new habit of putting on their masks, just like putting on their shoes.
3. If students are fully at home, get organized! Print up schedules and post at work space. Set up individual work environments with all necessary supplies.
4. Schedule in breaks – think like a camp counselor and go from one block to another, including time for exercise, lunch, relaxing.
5. If you are working from home and have children at home, try to schedule their down time when you have meetings – use electronics for when you MUST get things done. Let kids “earn” poker chips of 10-minute screen time intervals for good behavior during the day.
6. If you are working from home and have children at home, try to take a break for 10 minutes an hour and spend quality time with them.
7. Use resources available to you and at your comfort level – learning pods, a high school student who is also at home, even zoom with grandparents to keep kids supervised and occupied.
8. Self-care – even more important since it feels like there is no break – make the time!
9. Keep positive – try to send the message to your kids that eventually this will end. Decrease negative media and scary messages.

The Purposeful Parenting Program at Southeast Psych provides practical evidence-based skills and parent coaching so that families may flourish.

To get started, call intake at either Southeast Psych location: SouthPark 704-552-0116 or Ballantyne 704-970-4791

www.MyPurposefulParenting.com