



BACK TO SCHOOL Resources

Brought to you by Oregon Post Adoption Resource Center

www.orparc.org

Hang in there parents - You Can Do This!

ORPARC has compiled many resources below to help parents prepare for back to school and/or support their child(ren) in this new education era. Some resources are to share with children's teachers – don't be shy about this! Others are to help parents advocate for and/or understand more ways to help support their child(ren). We also have many supportive materials in our library available for checkout, including books for children and teens.

Children (*whether they are talking about it aloud or not*) are likely experiencing worries or anxiety, sadness, and elevated levels of trauma responses due to the many unpredictable changes in their pandemic schooling experience, on top of the trauma of having entered the child welfare system. Although it feels like we are entering a "new normal" this school year, there are still pandemic-related concerns. Addressing anxiety and trauma regularly are necessary before kids can focus on academics. Caregivers can also give themselves compassion knowing that anxiety and trauma are affecting them too! Everyone is doing the best they can and some days will be better than others.

We have many more informative links, articles, and videos on our [Education Resources](#) page! Including resources specific to trauma, adoption, and foster care in the schools.

FOR PARENTS TO SHARE WITH EDUCATORS

Child Mind Institute, Childmind.org

- [How Trauma Affects Kids in School](#)
Signs of trauma, and tips for helping kids who've been traumatized.
- [Anxiety in the Classroom](#)
What it looks like, and why it's often mistaken for something else.

BACK TO SCHOOL Resources

Updated August 2022

Local expert Eileen Devine on neurobehavioral differences in the classroom:

[Dear Teachers and School Staff: 8 Things I Wish My School Knew About Me](#)

(posted September 2022)

[Back to School: Tips for the Transition](#) (posted 2018)

Robyn Gobbel Counseling:

[“Dear Teacher”](#) A letter format for parents to share with teachers about children who have a history of trauma, abuse, neglect, foster care and adoption. Robyn talks about brain development, the window of tolerance, and how to support children who have experienced trauma. While targeted toward in-person classrooms, also insightful for parents working with their children and partnering with teachers for distance learning.

National Child Trauma Stress Network:

[Teaching Tolerance: A Trauma-Informed Approach to Teaching Through the Coronavirus](#)

Experts from the National Child Traumatic Stress Network share their recommendations for educators supporting students during the COVID-19 crisis

FOR PARENTS & FAMILIES

Fall 2022 Newsletter from Beth Tyson, Trauma Consulting:

[3 Steps for School Anxiety, Autumn Can Trigger Grief, & Kinship Month](#)

Heather Forbes at Beyond Consequences Institute:

- [Effective Back-to School Strategies for Parents](#) Applicable to in-person and distance learning school settings.
- [Teaching Trauma in the Classroom](#) A brief article focusing on changing trauma-based behavior patterns by maintaining safe, nurturing connections. Affirming to help parents supporting distance learning at home to remember to focus on connection first and school work/academics after.
- [Transitioning Back to School](#) Resources and videos to support teachers and students

Oregon Department of Education:

[Planning for the 2022-23 School Year](#)

Information and support for educators, families, and students

Dougy Center: On Grief & Loss

- [Back to School with Grief and the Covid-19 Pandemic Tip Sheet](#) Addresses specifically the needs of children dealing with death, grief, and loss during this time



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Going Back to School: Resources from Childmind.org

- [Anxious Stomach Aches and Headaches](#)
Physical symptoms are often the way children experience anxiety.
- [Back-to-School Tips for Kids Who Are Struggling](#)
How resetting expectations and planning ahead can help children with learning challenges.
- [Back to School Dos and Don'ts](#)
Tips on navigating summer's end, especially for kids who are anxious.
- [Encouraging Good Sleep Habits](#)
How to help kids get the sleep they need.
- [Helping Kids Get a Good Start in College](#)
Now is no time to give up meds and "go it alone."
- [Helping Kids Who Struggle With Executive Functions](#)
Advice from learning specialists on how to build organizational skills.
- [How to Help Kids Talk About Learning Disabilities](#)
Sometimes opening up about learning differently is hard, but with practice, the rewards can be huge.
- [How to Help Kids With Math Anxiety](#)
Give children the tools to face math with confidence.
- [How to Help Kids With Working Memory Issues](#)
Supportive strategies for student success.
- [How to Help Kids Who Are Too Hard on Themselves](#)
Bolstering self-critical children who tend to talk themselves down.
- ["My Teacher Hates Me!"](#)
What parents can do when kids are having teacher troubles.
- [School Success Kit for Kids With ADHD](#)
Helping kids manage time, stay focused and handle homework.
- [School Success Kit for Kids With Sensory Processing Issues](#)
Tools and strategies to help kids stay comfortable and focused.
- [Should Kids Take Mental Health Days?](#)
When taking a break is helpful (and when it's not)
- [Talking to Kids about Back to School Worries](#)
Tips for a more productive conversation.
- [Teenagers and Back-to-School Stress](#)
- Some teens are hoping to have a more normal year, others are worried
- [Tips for Getting a Good Start in High School](#)
Strong study habits make all the difference.

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Back to School from Understood.org

Many articles, videos and downloads for back-to-school during pandemic and in the “new normal.”

- [5 Tips to Help Your Child Follow a Routine or Schedule](#)
- [6 Ways to Help Your Child Focus](#)
- [Back-to School Anxiety in Kids: What to Watch Out for](#)
- [Dear Families and Educators: Why Parent-Teacher Communication is More Important Than Ever](#)
- [What to say when your child says “I can’t do it”](#)
- [Why and How to Partner with your Child’s Teacher](#)
- [Worry About COVID Slide? Not Until I Talk With the Teacher](#)

Download and Print resources from Understood

- [Back to School Update for Families to Give Teachers](#)
Specifically focused on how the child has been doing during the pandemic. Includes a section of their experience with distance learning (Spanish translation available).
- [A Four-Week Plan for Back-to-School](#)
Starting the week before the first week of school. Has some great tips applicable to both in-person and remote learning (especially for parents who like a chart!)

RELATED TO ONLINE/DISTANCE LEARNING

Childmind.org

- Tips for Supporting Learning at Home [\(K-2\)](#) [\(3-6\)](#) [\(7-9\)](#) [\(10-12\)](#)
How to help children get the most out of remote education.

Common Sense.org

For students receiving special education: [“Best Special Education Apps and Websites”](#)

Common Sense Media on Distance Learning:

Video [“Supporting Students Receiving Special Education”](#)

Tip Sheet for Parents from the National Center for Learning Disabilities

<https://www.nclld.org/wp-content/uploads/2020/03/A-Parents-Guide-to-Virtual-Learning-4-Actions-To-Improve-your-Childs-Experience-with-Online-Learning.pdf>

PBS.org

Articles, worksheets and printable resources (especially for pre-K and school age children)

<https://www.pbs.org/parents/back-to-school>

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Share My Lesson:

Free professional development opportunities and webinars, many specifically addressing pandemic/distance learning.

<https://sharemylesson.com/collections/back-school-professional-development-webinars>

Understood.org:

- [Video “Teachers Reflect on Distance Learning”](#)
- [My 5 Parenting Rules for Letting Go and Getting Through the Coronavirus Crisis](#)
- [The Surprising Benefits of Online Learning for My Not-So-Typical-Child](#)
- [7 Examples of Focus “Wins” When Your Child is Learning From Home](#)

USA Today:

[“These online learning tips will help parents prepare for a successful school year, even if it is virtual”](#) Every kid is unique and it’s important to find out what works best for your child by

Katrina Zaiets and Janet Loehrke, August 7, 2020

Children and Screens, Institute of Digital Media and Child Development:

[“COVID-19 and At-Home Learning, 10 Tips for Parents Navigating the New Realities of Online Education”](#)

[Family Guide to At-Home Learning:](#)

Practical strategies that work for helping children of all ages who may be struggling with an at-home learning task.

“Your children need to hear the calm consistent message that ‘This is hard and is really a bummer, but we can adjust and deal with hard things... Our flexibility and making smart choices will get us through!’”

~Dr. Amy Stoeber, doctoramyllc.com

