

Student Support

Helping you and your child thrive during COVID-19

Week of May 11th 2020

COPING WITH SCHOOL CLOSURE

How to help your child deal with not going back to school

The governor's recent move to keep public schools closed for the remainder of the school year has impacted students in a variety of ways. While some children are excited to continue working from home, others are left disappointed and overwhelmed by this update.

Here are some ideas on helping your child cope with this development.

1. Be flexible.

Students are missing their teachers, their classmates, and the routine that school brings. The feelings of sadness and disappointment can be a lot for a child to process. Be patient and allow your child time and space to process things. They might struggle with their at home routine temporarily – it's okay if they need some extra breaks and TLC!

2. Keep them connected.

Losing the connection that school brings can feel very isolating. Encourage your child to call or video chat with fellow classmates. Don't have their contact information? Perhaps your child can try writing a letter to their friends – you can then reach out to the school to see if they're able to help facilitate delivery.

3. Find the good.

Help your child find the positive parts of being at home. Come up with activities that can be done and make this a special time instead of a scary time.

Feel good story of the week:

A 6 year old set up a drive by joke stand to help raise people's spirits!

<https://www.goodnewsnetwork.org/boy-starts-joke-stand-to-spread-laughter-during-quarantine/>



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