

**As we start to prepare for a gradual reopening of our town's businesses and parks, I am aware of my own anxiety about my child going to a coffee shop or a park with friends. Any advice to help me navigate this?**

A: The transition back to life after quarantine will bring with it fear and anxiety for our families' health, and tough decisions for everyone, especially parents of school age children and teens. Though it has been stressful to shift norms and develop new daily routines, many parents found comfort in the stay put order with their children at home safe from exposure. We are all facing the challenge of creating a new normal as we begin to determine our comfort level with reengaging in the outside world. As parents, it is expected that you will struggle to find your footing in how we can control the safety of our kids while promoting their independence. Remember it is normal to feel vulnerable and anxious about this gradual reentry into outside activity. You can still be that guiding parent your child turns to while also feeling unsettled and anxious at the same time. Continue to talk with your child about how to safely socialize from a physical distance and to follow your family decisions and local guidelines when they do venture out. If you feel comfortable, talk with other parents to brainstorm ways the young children and teens can reconnect safely.