



# BACK TO SCHOOL Resources Fall 2020

Brought to you by Oregon Post Adoption Resource Center

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*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 anxiety, depression and elevated levels of trauma due to the many unpredictable changes in their pandemic schooling experience, on top of the trauma of having entered the child welfare system. 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.

*\*Resources highlighted **blue** are time-sensitive, either scheduled for fall months, or most useful at the start of the school year.*

## FOR PARENTS TO SHARE WITH EDUCATORS:

**Child Mind.org:** Going Back to School during COVID

- [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.

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### Common Sense.org “Best Special Education Apps and Websites”

<https://www.commonsense.org/education/top-picks/best-special-education-apps-and-websites>

### Common Sense Media on Distance Learning:

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

### Share My Lesson:

Free professional development opportunities and webinars, many specifically addressing this unprecedented school year.

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

### Robyn Gobel 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.

<https://gobbelcounseling.files.wordpress.com/2015/04/a-trauma-informed-approach-to-behaviors-in-the-classroom.pdf>

### 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

<https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus>

### Understood.org:

- Video [“Teachers Reflect on Distance Learning”](#)
- Article for teachers and to help parents understand UDL: [Universal Design for Learning](#)

## FOR PARENTS & FAMILIES

### On Grief & Loss

#### Dougy Center:

- **Coping with Grief, Loss and Isolation During the Pandemic** [An Interview from Portland Monthly Online](#)
- **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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## Understood.org

Many articles, videos and downloads for back-to-school during pandemic.

- [5 Tips to Help Your Child Follow a Routine or Schedule](#)
- [6 Worries Families Have about this Year's Back-to-School](#)
- [7 Examples of Focus "Wins" When Your Child is Learning From Home](#)
- [Back-to School Anxiety in Kids: What to Watch Out for This Year by the Understood Team](#)
- [Dear Families and Educators: Why Parent-Teacher Communication is More Important Than Ever](#)
- [Distance Learning: 8 Tips to Help Your Child Learn at Home](#)
- [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](#)
- [Three Ways Distance Learning Has Been Good for Some Students](#)
- [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](#)

## From Our Family to Yours: Videos from Understood

- <https://www.youtube.com/playlist?list=PLOKiy0JtEbaSoH19UYd-49Pgzf0WGGyR>

## 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 last spring (Spanish translation available).

- [A Four-Week Plan for Back-to-School](#)

Starting the week before the first week of school. Although related to back to school in person, has some great tips (especially for parents who like a chart!)

## Going Back to School During COVID: Resources from Childmind.org

- [How to Set Priorities This School Year](#)
- [Tips for Partnering With Teachers in the New School Year](#)

How to set up effective lines of communication.

- [Strategies for Supporting Learning at Home](#)

What to do when you can't do it all.

Guidelines and strategies help families support children of any age with remote learning.

\*Organized by age. Click through depending on the age/ developmental stage of child.

- [Anxious Stomach Aches and Headaches](#)  
Physical symptoms are often the way children experience anxiety.

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- [Back-to-School Tips for Kids Who Are Struggling](#)  
How resetting expectations and planning ahead can help children with learning challenges.
- [Family Resources for Remote Learning](#)  
Academic resources, educational worksheets, game, videos and at home activities.
- [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.
- [Preparing for Back to School Success](#)  
How to set kids up to thrive, despite the uncertainties
- [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.
- [Tips for Getting a Good Start in High School](#)  
Strong study habits make all the difference.

### 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.

<https://assets.ctfassets.net/p0qf7j048i0q/2S6d0wkyE14z3QMmEoy6yn/0f0e5d1c92dfbd8133071f1f53ff57f2/CEEDAR-Family-Guide.pdf>

### PBS.org

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

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

### 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>



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### 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

<https://www.usatoday.com/in-depth/news/2020/08/06/covid-19-tips-parents-successful-online-learning-virtual-classes-zoom/3303918001/>

### 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”

<https://www.childrenandscreens.com/media/press-releases/covid-19-and-at-home-learning/>

### Heather Forbes at Beyond Consequences Institute:

- **Effective Back-to School Strategies for Parents** Applicable to in-person and distance learning school settings. [https://df3ed1a9-63ea-4037-9b79-cdbd7ff86e99.filesusr.com/ugd/7f907f\\_f70844a262684a2f99f5dc24ddcac80e.pdf](https://df3ed1a9-63ea-4037-9b79-cdbd7ff86e99.filesusr.com/ugd/7f907f_f70844a262684a2f99f5dc24ddcac80e.pdf)
- **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.

<http://www.heatherforbes.com/articles/TeachingTraumaInTheClassroom.pdf>

- **Transitioning Back to School** Resources and videos to support teachers and students <https://www.heartsmart.family/back-to-school>

### Oregon Department of Education:

**Ready Schools, Safe Learners: guidance for School Year 2020-21** Information and support for educators, families, and students

<https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/Planning-for-the-2020-21-School-Year.aspx>

### Podcast from The Adoption Connection.com

“Mentor Moment: I’m freaked out about this school year. Help!” Runs approx. 20 minutes. Relatable and specifically focuses on foster and adoptive families.

<http://www.theadoptionconnection.com/episode-98/>

*“You 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