



# We Can Do This! Helping Parents and Kids Have a Great Start to the School Year

## Handouts about Managing the Return to School

From Vermont:

- [Kids and Delta: Everything you need to know](#)
- [Back to School](#) - Tips from the Children's Hospital at the University of Vermont Medical Center
- Vermont guidance on masking: [Protect Yourself & Others](#)
- Vermont guidance for child care and out of school programs: [Child Care and Out of School Programs](#)
- Vermont Department of Health Guidance for Pre-K to 12 schools [PreK-12 Schools](#)
- Vermont Principals Association Guidance for Sports: [Covid 19 – Vermont Principals' Association](#)
- Vermont Agency of Education Guidance - COVID: [COVID-19 Guidance/Recommendations for Vermont Schools | Agency of Education](#)

From Yale Child Study Center:

- [Understanding & Coping with Reactions in a Pandemic](#)

From Childmind.org:

- [Preparing your child to go back to school in person](#)
- [Academic setbacks during COVID](#)
- [Teenagers and back to school stress](#)

From the Centers for Disease Control:

- [Know what to expect at your child's early childhood or K - 12 program](#)
- [COVID-19 pandemic: Helping young children and parents transition back to school](#)
- [Supporting your child's mental health as they return to school during COVID-19](#)

## Other COVID Support VT Handouts and Information Sheets

- Learn about wellness and develop a daily wellness plan: [Wellness Workshop Participant Guide.docx.pdf](#)
- Find some ideas for wellness plan: [Daily Stress Management Plan Companion](#)

## Books about Managing Anxiety

*"What to do when you worry too much"* by Dawn Huebner, appropriate for school aged children

*"Outsmarting Worry: An Older Kid's Guide to Managing Anxiety"* by Dawn Huebner, appropriate for middle school

*"My Anxious Mind: A Teens Guide to Managing Anxiety and Panic"* by Katherine Martinez and Michael Tompkins, appropriate for teens

*"Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children"* - Lynn Lyons and Reid Wilson

## Websites about Managing Social Media

- [Common Sense Media: Age-Based Media Reviews for Families](#)
- Sample phone contract: [To My 13-Year-Old, An iPhone Contract From Your Mom. With Love](#)
- Family media agreement: [Family Media Agreement](#)
- Smart phone toolkit: [Smartphone Toolkit — START](#)
- Social media toolkit: [Social Media Playbook — START](#)

## Contact us to Learn More!

Website: [COVIDSupportVT.org](https://COVIDSupportVT.org)

Email: [Info@COVIDSupportVT.org](mailto:Info@COVIDSupportVT.org)

Information: 802-828-7368

Crisis Counselors: 2-1-1, option #2