

# THE RCNS PARENT DISPATCH

Parents supporting Parents: What we're reading, following and listening to...

## PODCASTS

- Raising Adults: Future Focused Parenting, "Grieving Back To School"
- Raising Adults: Future Focused Parenting, "Kids and Anxiety with Buffy Curtin, LMHCA"
- Raising Good Humans with Dr. Aliza, "Jennifer Garner on Pandemic Parenting and Listener Q and A"
- Respectful Parenting: Janet Lansbury UNRUFFLED, "5 Ways Parents Can Make Their Lives Easier Right Now"

## WEBSITES

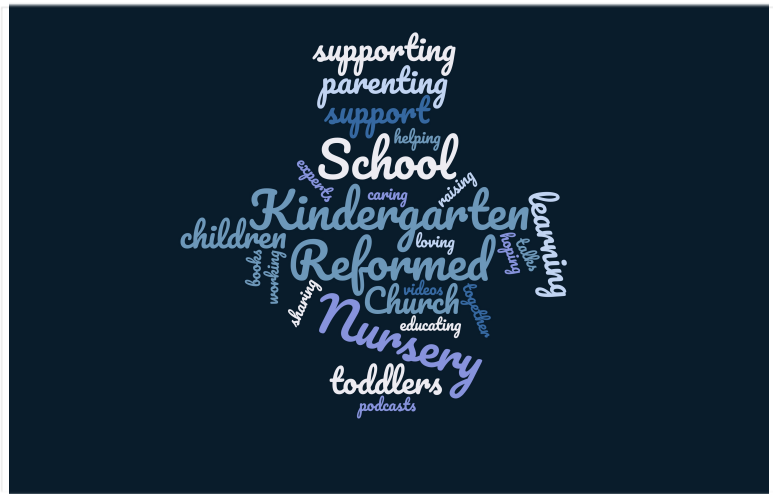
- [www.childrens.com](http://www.childrens.com) (Check out the "Back to School Guidance" section)
- [www.kidshealth.org](http://www.kidshealth.org) (Search "coronavirus and school")
- [www.artandhealing.org](http://www.artandhealing.org) (Explore the "Stuck at Home with Kids" section)
- <http://www.worrywisekids.org/> (A great resource for understanding anxiety in children)

## BLOGS & INSTAGRAM

- [The Workspace for Children](#): "5 Tips for Helping Children Get Used to Face Masks" (July 27, 2020)

## INSTAGRAM

@theworkspaceforchildren  
@advicegivemyfriends  
@littlehousecalls



## INTRODUCTION

Does my child's runny nose look like allergies, a cold, or COVID-19? How will I keep my child engaged socially, physically, and mentally without any after-school activities? How do I handle my child's resistance to wear a mask? As a parent, it seems impossible to navigate the subject of COVID-19 and Back to School without running smack into a Pandora's box of confusion, controversy, discomfort, anxiety, and grief. In our own struggle to navigate the logistics of returning to work/school/life with COVID-19 while keeping ourselves and our families healthy—physically, mentally, and emotionally—we turned to the usual suspects: Articles, websites, books, podcasts, and each other—plus Ellen Wolfson, RCNS' very own expert on child and family wellness. Together, we assembled this list of the best stuff we came across.

Some of the material that resonated with us covers the nuts and bolts of parenting during a pandemic, like making kids comfortable with masks and homeschooling schedules should we go remote again; other pieces deal with pandemic parenting's considerable mental and emotional components. Basically, we wanted to share with you the handful of information and voices that, for any number of reasons, made us feel better, stronger and more confident as parents and humans. Perhaps it was a new set of tools to add to our ever-expanding Tool Box, or simply a new way of thinking about something, or a concept we'd



## VIDEOS FOR CHILDREN

- Mindful Exercises with The Cookie Monster

## VIDEOS & AUDIOS FOR ADULTS

- Webinar: "Putting on the oxygen mask – How to take care of yourself so you can take care of your child" by Dr. Rebecca Busman, Child Mind Institute – Website Anxiety and Depression Association of America Oxygen Mask
- Audio Article (for purchase): "Preparing Your Child to Return to School" by Laura Markham Returning to School
- Audio Article (for purchase): "Calming Anxiety And Helping Children Feel Safe" by Laura Markham. Children's Anxiety

previously had trouble digesting finally explained in just the right way, or the comfort that comes from listening to people wrestle with the very obstacles embattling us and our families. This is, by no means, everything out there on the subject of COVID-19 and kids and returning to school and everyday life. It's simply our homemade shortlist of resources that helped us and that we thought might help you too.

Please don't hesitate to contact us directly if you would like to further this conversation in any way: [Milano.miodini@gmail.com](mailto:Milano.miodini@gmail.com) and [leah.l.parks@gmail.com](mailto:leah.l.parks@gmail.com).

Sincerely,  
Milano Buckley, *Education Chair*  
Leah Parks, *Education co-Chair*



## ELLEN'S THOUGHTS

Since the RCNS Dispatch will be a forum for information sharing, I just want to say a word about the plethora of information, whether online, in podcasts, books, etc. that bombard parents on a daily basis. Sometimes, the cacophony of expert voices prevents one from just being in the moment with your child, reflecting on what he or she is telling you, and responding contingently rather than reactively. So maybe choose your sources based on what resonates with you as a parent, and makes sense for your child's unique, individual temperament.

Since most of this month's resources focus on the anxiety associated with returning to school, I just wanted to add one foundational concept: Studies have shown that there is a strong correlation between a parent's anxiety level and that of a child. Very often, supporting parents in lowering their anxiety is all that is needed to decrease the child's anxiety.

This is really important, and easier said than done! Think of your child as a blank slate, who sees the world through the lens of your verbal, and more importantly, nonverbal communication. I remember all too well the times my kids were anxious about something, and my immediate reaction was high anxiety! Even if I thought I said all the right, reassuring things, my voice, facial expression, and body language likely communicated that I too was worried.

Here is my mantra: When your child goes up, you go down! Listen and acknowledge your child's distress, and then respond by slowing down your words, talking softly and calmly, and reassuring with touch.

Ellen Wolfson, LCSW  
[wolfsones@aol.com](mailto:wolfsones@aol.com)

## ARTICLES

- “How to Help Children Adjust to, Masks According to Experts”:
- Does My Kid Have a Cold or is it Covid 19?”
- How to Homeschool During Coronavirus”:
- Keeping Love of School Alive Jessica Grose – NY Times Parenting September 2, 2020
- “How Kids Can Have Safe Playdates During Coronavirus”:
- "Positive Discipline 101:: How to rein in your kids when the pandemic changes the relationship”
- “How to Handle Anxiety Over Back-to-School Decisions”.
- “How to Handle Separation Anxiety Meltdowns in Kid”
- “Protecting the psychological health of children through effective communication about COVID-19”

## BOOKS FOR PARENTS

When the world feels like a scary place by Abigail Berkowitz

Parenting in a Pandemic by Dr. Kelly Fradin

## BOOKS FOR CHILDREN

### Printed Books

- The Day The Lines Changes by Kelly Donner
- Lucy's Mask by Lisa Sirkus Thompson
- Ron and Rona Fight the Corona by Ron Starinsky, Elana Rosenberg and Amit Mizrahi.
- A Little Spot Stays Home (All three by Diane Alber)
- A Little Spot Wears a Mask
- A Little Spot Learns Online
- What is Social Distancing: A Children's Guide & Activity Book by Lindsey Coker Lucky
- Paula and the Pandemic by Dorothea Laurence
- Masked Ninja by Mary Nhin
- Rona Stole My Fun by Chandra Clements
- The Social Distance King by Eric DeSio
- If You Can't Bear Hug, Air Hug by Katie Sedmak

### E-Books

- Trinka and Sam: Fighting the Big Virus by Chandra Michiko, Ghosh Ippen and Melissa Brymer.
- My Here is You: How Kids Can Fight COVID-19.
- Hello! I'm a VIRUS, Cousin with the Flu and the Common Cold: My Name is Coronavirus.
- My Coronavirus Story
- Just For Kids: A Comic Exploring the New Coronavirus
- Be A Coronavirus Fighter
- Coronavirus: A Book For Children