



Preparing for Summer and Next Year

Andrew R. Kahn, Psy.D.

Generating Motivation

- **Helping your child finish the year successfully is crucial.**
- **Checking in on missing work or alternative assignments can provide clear routes to finishing well.**
- **Share with your child that completion of core work will result in the best possible outcome.**

Reconciling the end of the year

- The definite end of school is a relief for so many.
- Help your child celebrate what they have survived and achieved.
- Remain focused on a primary goal of health and safety if work engagement remains hard.
- Be willing to negotiate and ask for reduced requirements for school if your child is struggling.

Coping with Unknowns

- You may know very little about what next year will look like now.
- Questions to your school may provide more confusion and frustration.
- Rumors are likely anxiety provoking for all.

Coping with Unknowns

- Talk openly with your child about their expectations for next year.
- Be willing to say you don't know and that we may not know for a while.
- Avoid making definitive assumptions or statements about the start of next year.

Reconciling

- Accept your child's feelings about the unknown.
- You can reassure your child that the plans will be designed to keep us all as safe as possible.
- Seek sources of information carefully, and shift focus where possible to summer.

Focusing on the NOW

- Take the time to share with your child what good things they have achieved during the closure.
- Plan your own celebrations or ways to share appreciation with their teachers.
- Be kind and accepting if your child has completed little due to stress.

Celebration

- Consider taking the time to share your positive reflections with their teachers:
 - Send an email.
 - Share a photo.
 - Make a collage or video
- Collect email addresses or phone numbers to connect your child with classmates after school is complete.

Transitions

- If your child is promoting to a new school changes will be substantially greater.
- Reach out to school guidance or principal to find out the options for “step up” information.
- Consider a drive by or visit to grounds if permitted.

Transitions

- Consider a mini-graduation celebration at home or via a “drive-by” with your family.
- Plan a get together for your child and friends for when shelter at home status is lifted.
- Don’t be afraid to accept sadness or mourning of lost celebrations.

Reflections

- What you have survived this year is nothing short of remarkable.
- Coping with the unknown is one of the most challenging things for us as adults.
- Embrace kindness and forgiveness for the challenges that this time has brought to your home and your child.

Reflections

- Consider sharing your positive thoughts and thanks with your child's teacher(s).
- Remember the purpose of remaining at home when considering your child's education.
- Take stock of what has gone well and what has worked for your child.

Reflections

- Focus your summer plans upon health, wellness, and relaxation.
- Keep reading and encouraging your child to learn in everyday activities.
- Be kind to yourself about what you could and could not do with your child.

Last Thoughts...

- Collect phone numbers or resource lists for things you may need this summer.
- Don't be afraid to ask for help or connections for services if your family is in need.
- Stay active, get outside, and be healthy!!!