

Somehow. Someway.

School is starting.



The back-to-school shopping, the bustling hallways after a long summer away from friends, the first day icebreaker games – it's all going to look A LOT different this year, thanks to COVID-19.

Depending on the infection rates in your community, schools may not physically reopen at all. Whether it's staggered school hours, safely distanced desks or strictly online learning, there's a lot of uncertainty about how this school year will play out. For students, parents and teachers, all these inevitable changes can add up to some **big-time stress**.

As parents, here are some things you can do to set your children up for success despite less-than-ideal circumstances:

Take advantage of the things you can control. Work healthy habits into a routine that works for you and your family. Whether your children leave the house for school or stay at home, try to keep the days structured with consistent times for waking up, eating meals, learning, relaxing and going to bed.

Be honest, but try to stay positive. Your child should be able to come to you with questions or emotions, and count on your honesty. When talking about COVID-19, new school routines or anything else that is worrying them, it's okay to not have all the answers. Reassure them that when you learn new information, you'll share it with them.

Call your Employee Assistance Program. Whether your family is really struggling emotionally or just needs an extra set of hands to balance it all, the EAP can connect you to tons of resources to help make life easier for both you and your child. This might include things like:

- Counseling to help your family deal with school decisions and transitions
- Referrals for at-home education support programs
- Entertainment & physical activity resources
- Tips for talking to your children about COVID-19
- Financial consultations for budgeting new needs

For more tips on addressing tough topics, visit eap.ndbh.com/EAPServices/Covid19 and sign in with your company code.

Wondering what else the EAP can do for you? Join this month's free webinars on **Combating Perfectionism** and **Motivating Your Employees**. Go online to register.

