

End of the Year
Tips and Strategies for Parents
From the Clinical Staff



THINGS TO REMEMBER

- This is a different school year. Your child may not approach the end of the school year like he/she has in years past.
- Not only has the school year been different, summer may look different as well
- Your child may not know how to express their feelings about what is happening
- Kids are grieving the losses and the fun things the end of the school year brings

WHAT YOU CAN SAY

- Acknowledge that your child's feelings are valid
 - "Missing your friends and teachers must make you feel sad"
 - "What advice would you give someone who will be in __ grade?"
- Remind your child that you are available
 - "I'm here for you"
- Give your child the opportunity to talk about the school year
 - "What was your favorite thing about this school year?"
 - "What were your favorite parts about the school year"

things to say
WHEN OUR KIDS FEEL ANXIOUS & SCARED
(and we are uncertain, too)

We don't know what
will happen or when
this will end.
But this won't
last forever.

What questions do you have?
What are you wondering about?

This is really
hard right now.
But I also know
that we can deal
with this and get
through this
together.

It's totally normal to
feel worried, sad,
disappointed, or even
angry in situations
like this. Let's see
how we can take
good, kind care of
your feelings.

I am here and I've
got your back,
sweetheart.

Even though we don't have all
the answers right now,
when we know more,
I will let you know, too.

We will take it one step at a time and focus on what we do
have control over, like doing things that help us to stay
safe, taking care of ourselves, and being gentle, forgiving,
and kind with each other.

WHAT YOU CAN DO

- Help your child talk or draw pictures about how they are feeling. Talk to them about how they can manage and express their feelings
- Encourage them to write letters to their friends, teachers, or even the school year.
- Provide a transition activity into summer
- Make a list of fun things you can do together over the summer

Helping Children Talk About Race and Social Injustice

In light of the recent events in our country parents may be struggling with how to initiate a conversation with their children about social justice and racism. Here are a few ideas to think about and references to assist you in beginning a conversation with your children.

Children are tuned in to the concept of Fairness. This can be a starting point for a conversation. What does Fairness mean?

Ask your children what they know about recent events, protests etc.

What do they think about the events that have occurred?

Have any of their friends been talking it?

What have they heard or seen on T.V. ?

Helping Children Talk About Race and Social Injustice

Be simple, brief, and as honest as you can but avoid down playing the events such as this will never happen here. Don't be afraid to say I don't have an answer.

Most importantly let your child know you love them, you are doing everything you can to keep them safe and you are available to listen and answer their questions.

Books can be a great springboard for starting a conversation. Here are some book suggestions for your consideration.

A Kids Book About Racism- Jelani Memory

I'm Gonna Push Through - Jasmyn Wright

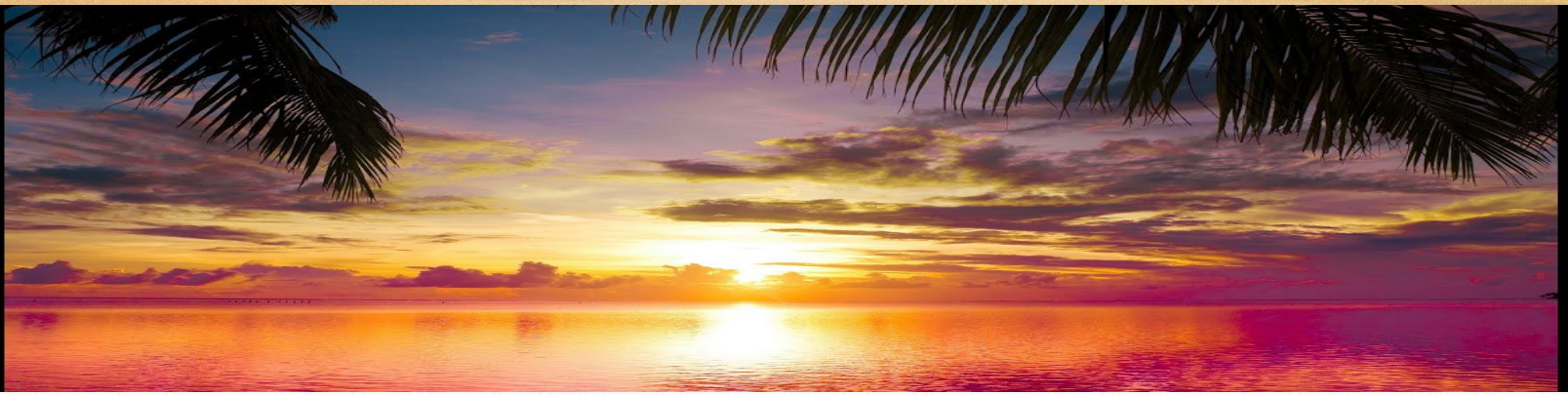
Unequal City- Carla Shedd

Resources For Helping Children Talk About Race and Social Injustice

- [Releases “Talking About Race” Web Portal | National Museum of African American History and Culture](#)
- [How to celebrate diversity in early childhood](#)
- [5 Actionable Resources for Raising Anti-Racist Kids – Our Home Becoming](#)
- [How to talk to kids about race and racism, according to experts](#)

Click below to view some of our online resources!





Wishing everyone
an awesome
SUMMER!!

