

September 2020

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Transitioning to School in Fall 2020: *Keep the Focus on Skills*

Do not go into this school year with 2019 goals.

**This is 2020.
Have 2020 Goals:**

- Safety
- Connection
- Mental Wellness
- Physical Health
- Maintain Relationships



AVAILABLE ON DEMAND NOW

**Empowering and Preparing Parents:
Transitioning to School in Fall 2020**

- A Panel Discussion Featuring:*
- *Christen Balistreri of the **Child Care Resource Network***
 - *Connie Hanel and Carol Pratt of **Independent Learning Systems***
 - *Megan Andrews and Jocelyn Bos-Fisher from **C&FS EAP***

In March 2020, concerns from COVID-19 forced students, parents and teachers into remote learning. Many thought it would be temporary. As we now know, that will not be the case. Most of us are approaching Fall 2020 a little confused, a little fearful and more than a little disappointed. As the 2020-2021 school year approaches quickly, the one thing we know for sure is that this school year will be very different.

Consider these tips for helping you and your children transition smoothly and remain as positive as possible:

Focus on Skills. "If there's one thing you remember, remember that academics are recoverable," encourages Connie Hanel from **Independent Learning Systems**. "If we focus on skill-building this year, helping our children learn foundational skills like personal responsibility, then we're laying the groundwork for future success. Once your child is able to go 'back to school', they are going to be ahead of the gate, not because they know specific math content, but because they will have the skillsets that will help them learn quicker and more independently in the future.

Some important skills to emphasize include:

- **Self Direction:** Parents can help students use a calendar to manage their day, including the time they have to be in class, do homework, and relax. Click [here for a helpful way](#) to tackle work during the school day.
- **Learning and Listening:** "Give students a limited number of target-tasks that are non-negotiable," Connie advises. "Once they have practiced and hopefully

Click here to watch
Empowering and
Preparing Parents ON
DEMAND (Registration is
required)

mastered these tasks, then they can make changes and refine how they do them."

- **Identify Target Tasks:** Make sure you know what is negotiable and what isn't. "**Check the thermostat** of your students and, also, your own - identify what's truly important, and know what tasks can be moved to another time," Carol recommends.

For a helpful list of more tips to parent and support your children during this time, as well as additional resources for parents of students with special needs, check out our [EAP website](#) and [Parenting Resources](#).



Most of us understand the importance of 'wellness' and keeping physically fit and healthy. But what about your overall 'wellbeing'? It is increasingly important to start proactively thinking about your mental health and getting support to be the healthiest you can be. Need help building a Self-Care Plan? EAP is here to get you started!

Click to Read "Building Your Plan for Wellbeing"

UPCOMING EVENTS

Panel Discussion

Taking care of our Mental Health: Peace and Productivity during COVID 19

September 17, 12:00-1:00 p.m.

Click Here to Register



NEW Employee Resources

This summer, C&FS EAP has debuted new online resource pages to provide you support and direction for whatever challenges you face. Check out these resource pages below:

- [COVID-19 Resources](#)
- [Self-Care and Stress Reduction](#)

BENEFIT SPOTLIGHT

What's the difference between EAP Counseling and EAP Coaching? In [this flyer](#), we break down the differences.

CONTACT US TO MAKE AN APPOINTMENT

EAP is a neutral and confidential resource, here to support you. No one in your organization will ever know if you call or come in for services without your consent. Facing challenges is universal - you are not alone.

Call us at 716-681-4300 or click the button below to be taken to our online Appointment Request form.

[Request an Appointment](#)

- [Parenting Resources](#)
- [Maintaining Your Mental Health](#)
- [Conflict Management and Workplace Skills](#)
- [Financial Wellbeing](#)
- [Increasing Cultural Competency](#)
- [Safety](#)
- [Addressing Addictive Behaviors](#)
- [Physical Wellbeing](#)

If you need additional support, or are not sure where to turn, call us at (716)681-4300 or request an appointment online here. We are always here to support you!