



Whittier Area Cooperative Special Education Program

Supporting Our Youth's Needs As They Return to School Full-Time

Parent Presentations:

1. "Understanding Trauma, and how to best support those impacted"

In this 38-minute presentation you will learn the basics about trauma; what constitutes trauma, and how to best respond to your children after a traumatic event. This presentation also includes strategies for self-care.

Link: Recording and Handouts

Understanding Trauma and How to Best Support Those Impacted

https://youtu.be/s3QoY_6tfnc

2. "Preparing Students to return to school full time, Following CDC Guidelines and Daily Routines"

In this 30-minute presentation, parents will be introduced to an extensive guideline provided by CDC on preparing yourself and your children for their return to in-person instruction, full time. In addition, this presentation shares strategies and best practices on the importance of establishing daily routines, to ensure a smooth transition to the beginning of your child's school year.

Link: Recording and Handouts

Preparing Students to Return to School Full time CDC guidelines and daily routines

<https://youtu.be/COBFjty7oXA>

3. "Resilience Training"

(WHY TRY? Program) available to parents on the WHY TRY website

This is an incredible Free resource provided to you by the WHY TRY team, which includes a total of 10-self paced modules that will provide you with the knowledge to understand "resilience", the steps to become more resilient, how to teach your child to be more resilient, and how to turn adversity into action.

Link:

<https://resiliencguide.org/>