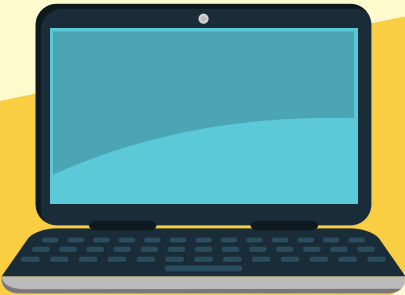




Back to school and COVID-19

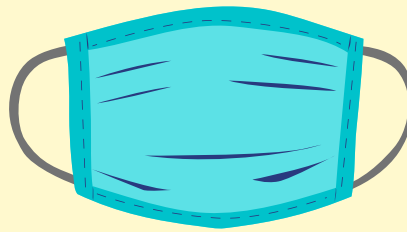
It's common to feel anxious and uneasy at the start of a new school year. This year, the COVID-19 pandemic has added extra stress and entirely new routines that can change at a moment's notice. The Madison Public Library and Project Community Pride of the Madison Area YMCA have collaborated to bring you the following resources to help you and your family transition into this new and unusual year.

Hybrid Learning



Strategies for Supporting Learning at Home

From the Child Mind Institute



Tips for Helping Kids Wear Masks

From the ACTION Learning Network



Screen Time During the Coronavirus Crisis

From the Child Mind Institute

Books for Back to School and Anxiety

For Parents:

- Helping your Anxious Teen: Positive Parenting Strategies to help your teen beat anxiety, stress and worry by Dr. Sheila Achar Josephs
- Anxiety relief for kids: on-the-spot strategies to help your child overcome worry, panic & avoidance by Bridget Flynn Walker

For Kids and Teens:

- A feel better book for little worriers by Holly Brochmann
- Anxiety Sucks- A Teen Survival Guide by Natasha Daniels
- Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches by Rae Earl
- Wemberly Worried by Kevin Henkes
- What to do when you worry too much by Dr. Dawn Huebner
- First Day Critter Jitters by Jory John
- What to do when you don't want to be apart : a kid's guide to overcoming separation anxiety by Kristen Lavalley
- The Anxiety Survival Guide for teens by Jennifer Shannon

For additional suggestions, contact your local librarian at childrens@madison.mainlib.org



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