Three Important Words: Can. We. Talk?

In much the same way that many adults are finding it difficult to return to work from working remotely, our children will undoubtedly be experiencing similar challenges. With schools gearing up to bring students back after months of distance learning, parents will need to closely monitor their child’s adjustment to the new normal. Social ‘re-culturing’ is bound to occur as children emerge from the COVID ordeal and re-engage in peer relationship-building and more rigorous academic expectations. These can all create fear and anxiety in children.

And it doesn’t matter whether the fear is based on a real situation; if the child believes a threat exists, anxiety will occur. Indeed, there is evidence that some anxiety problems can persist into adulthood. Next to saying “I love you,” perhaps the three important words a parent can say to their children during this time of transition are: can we talk?

Respectfully,
Dr. Reveles

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