



Resources for Parents

- [“What If?”](#) – inspired by Montessori philosophies, this article helps us appreciate the valuable skills our kids have learned while sheltering in place
- [“Practicing Peace with Preschoolers”](#) - an article relevant to kids of all ages – adults, too. We highlight 8 grace and courtesy lessons – the foundation for interacting respectfully with others, providing a glimpse of how we help our younger students learn and practice peace each day
- [The Self-Driven Child](#) – a book recommendation read by teachers and staff this Summer. It provides guidance for raising confident and successful children during turbulent times – the insights are based upon child psychology and neurology studies
- [The Social Dilemma](#) (PG-13 Netflix documentary) – Recommended by Ms. Rezakhani, Westwood counselor
- [365 Manner Kids Should Know](#) – book recommendation to practice Grace & Courtesy Skills

- **MIT Technology Review**

- [Is it Safe to Send Kids Back to School?](#)

- This article provides existing research to help parents “gauge the level of risk” based on 3 questions. Here’s a quick recap

- **1. How susceptible are children to COVID-19?**

- > **Children are half as likely to catch COVID than adults**, according to a recent study by the London School of Hygiene & Tropical Medicine (LSHTM) published in [Nature Medicine](#).

- > **Children 17 and under account for fewer than 2% of confirmed infections across the U.S.**, according to a [survey](#) of 149,760 people with COVID-19 by the US Centers for Disease Control and Prevention.

- > **“Under 18s were 56% less likely to catch coronavirus from an infected person than adults,”** according to a meta-analysis of 18 studies carried out by researchers at University College London.

- **2. If children become infected, how badly does it affect them?**

- > **The mortality rate for children 19 and under is “1 in 3 million,”** based on information from a preprint in the journal [Public Health](#).

- **3. How likely are children to spread COVID-19 to others?**

- > **The jury is still out** on this question.

- > **A National Institutes of Health funded [study in the US](#) launched in May 2020.** “It’s going to test nasal swabs from nearly 2000 families in 10 cities every two weeks. **The aim is to work out what role children play in transmission,**” says Hartert, who is leading the study.

- **NPR**

- [U.S. Pediatricians Call for In-Person School this Fall](#)



- **American Academy of Pediatrics**

- [*Mental Health During COVID-19: Signs Your Child May Need More Support*](#)

- [*Mood-Boosting Tips for Families During the COVID-19 Pandemic*](#)

- [*Covid-19 Planning Considerations: Guidance for School Re-entry*](#)

- [*Return to School Safely During COVID-19*](#)

- [*Youth Sports Participating During COVID-19: A safety checklist*](#)

- [*Give Your Child's Eyes a Screen-Time Break: Here's Why*](#)

- [*Mask Mythbusters: 5 Common Misconceptions about Kids & Cloth Face Coverings*](#)

- [*Summer Safety Tips: Staying Safe Outdoors*](#)

- **Montessori Family Alliance**

- [**Webinar: "Making 2020-2021 Schooling Decisions" \(July 7, 2020\)**](#)

- The Montessori Family Alliance offers a subscription to families (<https://www.montessori.org/MFA/>) that includes educational resources including this webinar

- **UNICEF**

- [*Supporting your child's mental health as they return to school during Covid-19*](#)

- **The Atlantic**

- [*Parents Can't Wait Around Forever.*](#)

- [*We need to know the facts about kids and COVID-19. Now.*](#)

- **NY Times**

- [*Making Difficult Decisions for Your Family*](#)

- **From the CDC**

- [*Back to School Decision Making Tool*](#)

- [*Families Deciding How to Go Back to School*](#)

- **Healthline Parenthood**

- [*Returning to School During the COVID-19 Pandemic: A Parent's Guide*](#)

- **MarketWatch**

- [*How parents can keep tabs on children's mental health during COVID-19 — and get help if necessary*](#)

- **Bright Futures**

- [*Pediatric Symptom Checklist*](#)

- **Getting Smart**

- [*Covid's Impact on How Students Serve Others*](#)

- **Great Schools**

- [*Raising Grateful Teens*](#)



- **Harvard University**
 - [Executive Function Skills for Life & Learning](#)
Harvard University: Center on the Developing Child
Features Montessori Method & Classrooms
 - [Executive Function & Self-Regulation](#)
Harvard University Resource Library
- **Lifhack**
 - [How to Help Your Child Develop the 7 Executive Function Skills](#)
- **Teen Smart Goals**
 - [Teen Smart Goals: Executive Function & Planning Skills](#)
- **Edutopia (George Lucas Foundation)**
 - [When Students Lead Parent Conferences](#)
- **National Safety Council**
 - [Summer Safety Tips](#)
- **Duke University**
 - [Duke Youth Programs \(6th – 8th Graders\)](#)
- **Math Insider**
 - [10 Practically Fun Math Games & Activities for Your Preteen](#)
- **Scholastic**
 - [How To Prevent Your Kids from Losing What They Learned in School During Summer Vacation](#)
- **Very Well Family**
 - [Teaching Children Good Etiquette & Manners](#)
- **Doing Good Together**
 - [I Disagree! 7 Civil Conversation Skills for Kids, Teens & Families](#)
- **Live Bold & Bloom**
 - [Do You Lack Social Skills? 20 Basics You Need to Master](#)