



COTTING SCHOOL

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March 17, 2020

Dear Cotting parents,

We are thinking about you and your families as we figure out how to manage life at home and stay connected to each other. As Krista said in her recent message, Cotting will now be closed through April 3, and advisories for maintaining safety may continue to evolve.

We want to continue to be available to you as a resource for talking with your children about these changes over time. **We thought that it might be most useful at this time to offer a live video meeting to talk through and learn from your experiences talking with your children about coronavirus and the closing of school.**

To do this, **the Cotting Mental Health Team will initiate an online join.me meeting tomorrow evening, March 18th, starting at 8:00 pm. We invite you to join us by going to <https://join.me/cottingboardroom>, using a Chrome browser if you have it.**

This will be an opportunity for us to talk through, problem-solve, and share our ideas and methods for using the language we have suggested for talking with your children about recent events and changes. Of course, we will also welcome your questions and discuss concerns.

Here are some potential topics for discussion (not by any means a complete list). We look forward to hearing what is on your mind:

1. Ways to address anxiety and less structure - creating schedules and routines.
2. Sibling issues
3. Managing continuing questions about school

We will look forward to connecting with you tomorrow evening. In the meantime, below are some links to a variety of online resources that may be helpful to you and your families.

Warmly,

Pam Varrin and Rachel Vorkink, for the Cotting Mental Health Team

Resources:

<https://www.washingtonpost.com/lifestyle/2020/03/14/parenting-tips-coronavirus/>

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

<https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>

<https://www.washingtonpost.com/news/parenting/wp/2017/06/21/10-documentaries-to-watch-with-kids-this-summer/>

<https://www.livescience.com/coronavirus-kids-guide.html>

From the Arc of Massachusetts:

Covid-19 information by and for People with Disabilities

<https://scdd.ca.gov/wp-content/uploads/sites/33/2020/03/Green-Mountain-SA-Info-By-and-For-People-with-Disabilities.pdf>

A shorter, more general, “coping” page for coping

<https://www.ready.gov/helping-children-cope>

From 3L Place: How to stay calm in scary times

http://3lplace.org/application/files/1415/8440/1021/How_to_stay_calm_when_hard_times_in_society_strike_1.pdf

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