

New Milford Public Schools



Office of Student Affairs Parents As Partners

Parenting Children Through a Pandemic: Strategies for Transitioning Back, Staying Strong, and Keeping it Together

Join us for a Zoom evening presentation

Monday, February 22nd at 6:30 - 8:00 p.m.

Register in advance for this meeting by clicking the link below:

https://columbiacuimc.zoom.us/meeting/register/tJEtceytpjMpG9V6ZPajszV0hwu-uEU_5VYV

**After registering, you will receive a confirmation email containing
information about joining the meeting.**

**Alyssa Ames-Sikora, PhD will join us to review strategies for keeping
up and staying strong one year through the pandemic for parents of
children between K and 5th grade**

- **how to ease children back into school gradually and review how to be a calm and appropriate emotional coach to help this transition**
- **strategies for responding to difficult behaviors, such as yelling and whining and attention-seeking**
- **strategies and rationale for building positive "special time" with your child**
- **developmental milestones and red flag behaviors to be mindful of for children during a pandemic**

**Please send your questions before the presentation to
aa4535@columbia.edu so she can do her best to address your questions
during the presentation or during the Q and A period.**

Speaker - Alyssa Ames-Sikora, PhD
Postdoctoral Clinical Fellow at Columbia University Medical Center
Columbia University Clinic for Anxiety and Related Disorders (CUCARD)-Westchester