



A **NEW, six-part, back-to-school series** for parents and caregivers powered by Transform for Tomorrow and Remake Learning Days Across America

SO NOW WHAT?

HELPING PARENTS & CAREGIVERS NAVIGATE A SCHOOL YEAR LIKE NO OTHER

You and your family are in the middle of what is already an unprecedented start to the school year, not to mention all we experienced last spring. You're processing lessons already learned, adjusting to new ways of preparing your kids and often figuring it out for yourselves.

A lot of us are asking...So Now What?

The **So Now What?** virtual series brings the country's leading experts in education and childhood development, including PBS Kids, Common Sense Media, Learning Heroes and UPMC Children's Hospital, together with parents and caregivers to share and learn from one another. We will cover a range of topics specific to this moment in time, including social emotional wellness, mental health, learning resources, communication, tech safety and much more.

Together we will navigate the start to this new, uncharted school year, and make plans for what comes next, no matter what tomorrow brings.



WHEN:



Every Wednesday evening
in September 2020

All sessions are FREE and open to all!

WHERE:



Sessions are held
virtually via Zoom.us

HOW:



To register, please visit:

<http://bit.ly/SoNowWhatSeries>

A collaboration with





WED, SEPTEMBER 2, 7:00-7:30PM EST
COVID-19 and Kids Health:
An evidence-based practical guide & FAQ

Join Dr. Freeman from UPMC Children's Hospital for a presentation on the effects and spread of COVID-19. Dr. Freeman will provide practical information about COVID-19 as well as answer your questions on how to manage your kids' health as we return back-to-school.

Presenter:
 Dr. Megan Culler Freeman,
 MD, PhD, UPMC Children's
 Hospital



WED, SEPTEMBER 9, 7:00-7:30PM EST
Supporting young children's social and
emotional wellness as we return to school

PBS Kids is a treasure trove of digital and non-digital resources for parents. Join us for a comprehensive overview of the most useful and well-liked PBS programs, such as Daniel Tiger's Neighborhood, and media tools. Explore materials on social and emotional wellness for young children in this fast-paced session that integrates games with books, apps, and videos, while connecting home to school and back. Find out what's new and explore the many ways in which PBS Kids naturally embeds best practices and rich content into a broad range of programs. This webinar is intended for Pre K- 3rd grade parents.

DANIEL TIGER'S NEIGHBORHOOD © 2012 The Fred Rogers Company. All rights reserved.

Presenter:
 Gina Masciola, WQED
 and Roberta Schomburg,
 Fred Rogers Center and
 consultant for *Daniel
 Tiger's Neighborhood*



WED, SEPTEMBER 9, 8:00-8:30PM EST
Tweens, teens and mental health

When the coronavirus pandemic upended our lives, school, social activities and work were all pushed online almost overnight. It's too early to know the lasting effects of this radical shift but this report from Common Sense Media explores and synthesizes the research on what's known about the relationship between digital technology use and adolescent mental health — as well as outlines what parents, caregivers and stakeholders can do to help.

Presenter:
 Jennifer Ehehalt and
 Micheal Robb, Common
 Sense Media



WED, SEPTEMBER 16, 7:00-7:30PM EST
Ready to Partner: 5 Steps for a different kind
of school year for families and schools

Every parent is a learning hero. You've got what it takes — you know your child best. But even superheroes need a team. When parents and teachers join forces, students succeed. This year it will be more important than ever. In this interactive session, we'll share easy-to-use resources and five steps that will help keep your child on track, no matter where learning takes place, and how you, as the parent/caregiver, can effectively partner with your child's teacher.

Presenter:
 Windy Lopez-Aflitto,
 Learning Heroes



WED, SEPTEMBER 23, 7:00-7:30PM EST
How to be safe online and balance tech usage
in a world of virtual learning

More time online might expose kids to more mean online behavior. Help kids dodge the drama and stand up for others. Come learn tips on how you can help your family find a healthy media balance online, even during distance learning, as well as keep your kids safe online.

Presenter:
 Jennifer Ehehalt,
 Common Sense Media



WED, SEPTEMBER 30, 7:00-7:30PM EST
Learning resources for families

Through this unusual time, parents and caregivers have a new lens into how their kids learn. To help parents and caregivers extend learning beyond school, this webinar will highlight free and low cost learning resources and tools such as Wide Open School, the Readiness Check, and more for students in grades K-12.

Moderators:
 Remake Learning
 Days Across America,
 Kidsburgh and partners

Join us for one session or all six sessions or anything in between. Won't you join us?

Register here: <http://bit.ly/SoNowWhatSeries>