

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

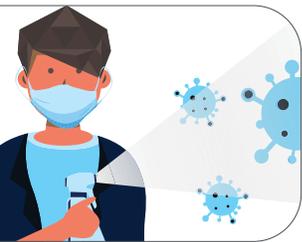
### HOW:



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 Eehalt 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 Eehalt,  
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>