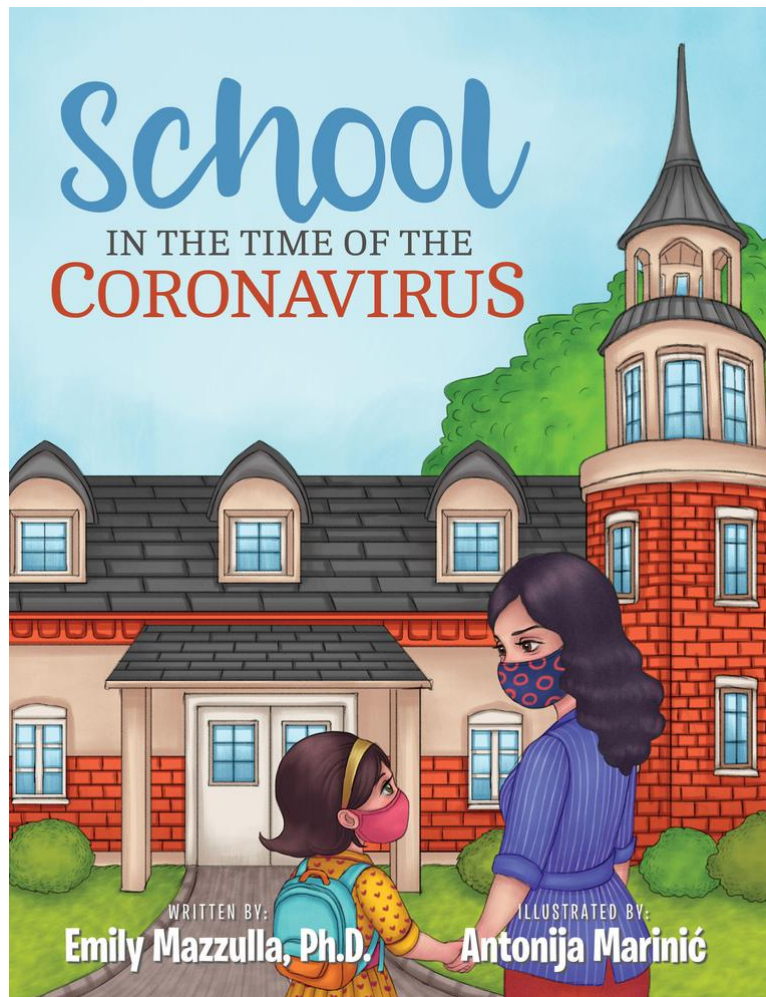


DR. EMILY MAZZULLA  
PRESENTS



# School In the Time of the Coronavirus

Age Range: 3 – 12 years

Paperback: 32 pages

Publisher: IngramSpark (August 11, 2020)

Language: English

ISBN-10: 1735422509/ ISBN-13: 978-1735422503

Product Dimensions: 8.5 x 0.1 x 11 inches

# About the Author

Emily Mazzulla, Ph.D.



Hi, I'm Emily Mazzulla and I am so thankful that you are interested in learning more about my book! I also appreciate the opportunity to tell you a bit about myself. I am a clinical psychologist and professor of psychology at Marquette University specializing in trauma and resilience. And, I am also a mother of three wonderful children. As a parent, I share the hopes and worries that any parent has for their children. As a Psychologist, I also think about the well-being of children everywhere.

The sudden onset of the coronavirus across the world has been unsettling and has threatened our sense of safety. We have drastically changed the way that we live, work, teach our children, raise our children, and interact with our friends, family and community. These changes have been challenging for both parents and kids. Children are very perceptive and often share our concerns, including those surrounding the coronavirus and the uncertainty of what school will look like this coming year.

Children are looking to us, as their parents, for answers to their questions. As parents, we want nothing but to protect our children and promote their well-being. During this unprecedented time, it is not always clear what the correct answers are. Although we are all doing our best, sometimes we need help navigating uncharted waters. This is why I wrote the children's book, ***School in the Time of the Coronavirus***.

I certainly do not have all the answers!! No one does! However, I thought I could help parents frame the conversation with their kids while focusing on resilience during this challenging time.

# About the Book

## School In The Time of Coronavirus



School is starting and the coronavirus is still in the community. Maria, an elementary school student, is worried about what it will be like to go back to school after staying at home for so long. As the first day of school approaches, Maria and her mom discuss the parts of school that will be the same and also new rules that were created to keep kids safe. They also talk about how Maria is feeling, what she is thinking, and what she can do during this time of transition. As the first day of school approached, she and her mother discuss her thoughts and feelings, and also talk about what she can do when she feels like she needs more support. Nine resilience focused coping strategies are provided at the end of the book and subtly peppered throughout the story.

***School in the Time of the Coronavirus*** (Aug.11, 2020) is a must-read children's book for all elementary school kids, their parents and teachers preparing for the return to school in the fall of 2020. Written by Emily Mazzulla, Ph.D., a clinical psychologist, expert in the field of trauma and resilience, and mother of three, this beautifully illustrated book gives children, parents and teachers a relatable format to talk about the transition back to school. A useful reference for building resilience in children is provided at the end of the story to support adults with this transition too!

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# For Media

## Topics for Discussion or Media Content



As a renowned expert and source for media surrounding the topic of trauma and resilience, Emily Mazzulla, Ph.D. has provided media outlets with the answers their audiences are looking for. In the current climate, no matter what side of the political fence one is on, Dr. Mazzulla brings answers, science and research based tools and resources, and solutions for helping to raise resilient children during this worldwide traumatic event.

With charisma and compassion, she is happy to discuss or write about the following topics so that your audience can better confront fears surrounding the topic of Coronavirus with their children.

### **Dr. Mazzulla is also available to discuss the following:**

- Managing anxiety and worry during the transition back to school in the fall
- How to build resilience in kids during the pandemic
- The new normal: how the pandemic is impacting kids' view of the world
- Silver linings: how to take advantage of the changes our society is facing
- A collective traumatic event: managing the stress of the Coronavirus
- Resilience Focused Coping Strategies for children and parents

Please contact us with any other questions of topics that you think Dr. Mazzulla may be able to address.

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