

Easing the Back-to-School Stress – Interview Transcripts

Kyle Boerke (pronounced “Burk-ee), Psy.D., Licensed Clinical Psychologist, OSF HealthCare

“Whether it’s the peer interactions, or it’s masking, or it’s addressing any concerns that kids have because while there is going to be excitement from the happy side, there is also going to be some excitement from the nervous side as well and I think that’s important to understand. We need to have those conversations now as well.”

Kyle Boerke (pronounced “Burk-ee), Psy.D., Licensed Clinical Psychologist, OSF HealthCare

“Sleep schedules have been out of whack. Since March when this whole thing came in and schools were shut down, kids were staying up later. They were sleeping in later. We’ve now been on that instead of a two-month summer, four or five or six month long extended thing. And circadian rhythms in children is something that we need about two weeks to really fix, so this is really great timing because we have that three to four weeks before school is going to be back in session and we need to be making a concerted effort to get sleep schedules back on track.”

Kyle Boerke (pronounced “Burk-ee), Psy.D., Licensed Clinical Psychologist, OSF HealthCare

“Resilient parents create resilient kids. And I think that’s probably the most important thing for us to understand is how I as a parent role play and model that resilience and that ability to manage the situation that we’re all in right now has a big impact on how my son or daughter is going to do with it as well.”

Kyle Boerke (pronounced “Burk-ee), Psy.D., Licensed Clinical Psychologist, OSF HealthCare

“Be patient. We, as parents, have a tendency to really think [this much] of our kiddos. They are capable of [this much]. They are going to succeed perfect straight A’s. And the reality is we as parents need to meet our kids where our kids are a lot less than where my expectations for where my child is going to be is at.”

Kyle Boerke (pronounced “Burk-ee), Psy.D., Licensed Clinical Psychologist, OSF HealthCare

“It really boils down to we as parents setting the right tone and the right precedent for our kiddos – for what’s in their best interest regardless of what our viewpoints might be.”