



We know that families have questions right now, concerns about how to educate their child at home and what happens when the next school year starts. We also know that families might have more immediate needs, paying their rent, feeding their children, and/or coping with a family illness.

MAEC's Collaborative Action for Family Engagement (CAFE) Center, in collaboration with Turning the Page, is sending out a weekly newsletter to help ease the burden that parents and families are facing during this time of uncertainty. We hope that you will find these resources, activities, and parenting strategies useful, and maybe even inspiring. If you are a parent advocate or educator, and know families who could benefit from the information provided, please share it and help spread the word.



**THURSDAY
MAY 7TH, 3PM**

Join our live event where Dr. Seth Shaffer will be answering your questions and talking about parenting strategies for coping with COVID-19 as a family.

**Join us in The Family Room this
Thursday - May 7, 3pm ET**

Come with your questions or submit them in advance! This

Thursday in the The Family Room, Dr. Seth Shaffer*, a child psychologist, will be joining us to address the concerns that parents and families are feeling during these unprecedented times. **Submit your questions and register below.**

[Join Us](#)

In upcoming newsletters...

Dr. Shaffer* will also be answering questions and offering guidance in MAEC's weekly newsletter. Check out his letter to readers and learn more about how you can submit questions for him to answer next week.

[Read his letter](#)



Tips on Building Structure

Advice from the Department of Education about the importance of structure during at-home learning:

- Start and end each day with a check-in.
- Encourage regular exercise breaks.
- Encourage healthy eating habits and drinking enough water.
- Keep normal bedtime routines for younger children. Expect the same from your older primary and high school-aged children too.
- Kids are used to following a meal schedule at school. Try creating an eating routine at home! For more great resources on getting your kids to try new foods, follow a routine, and stay healthy, check out [KidsEatInColor.com](https://www.kidseatincolor.com) or follow on Instagram: [@kids.eat.in.color](https://www.instagram.com/kids.eat.in.color)

Innovation & Inspiration



We are inspired by school districts finding innovative ways to address the specific concerns of our most vulnerable students.

This week we feature a story about a district in Utah:

Celia Black was unable to afford internet service in the home she shares with her six grandchildren. After the outbreak of COVID-19 the school district sent computers to the students who needed them. This presented a new dilemma for the children in the Black family – internet access. Read about how the San Juan School District in Mountain Valley, Utah tackled the problem head on.

[**Navajo Families Without Internet Struggle To Home-School During COVID-19 Pandemic**](#)

NPR, April 22, 2020



Resources for Families

Motivation

Motivation is the reason for behaving or acting in a specific way. It is an important part of learning. Are your younger ones struggling with concentration or feeling discouraged? Take a break and watch this video of Bruno Mars singing "Don't Give Up" with Sesame Street.

[Watch Now](#)

Activity:

Ask your child to come up with three things they do well (STARS) and one thing they'd like to work on or be better at (WISH). Talk about what they're going to do to achieve that goal this week.



Social-Emotional Learning & Health

We all lose control of our emotions sometimes. Watch this video with your kids to explain a little bit about why we sometimes "flip our lid" when faced with a frustrating situation and what they can do to calm down when feeling overwhelmed.

[Watch Now](#)

Activity:

Take 10 minutes to "grow your brain" today with some simple exercises! You and your child will strengthen your body and mind with these 4 easy steps:

- Take a dance break to your favorite song
- Do 10 jumping jacks
- Drink a big glass of water
- Stretch! Touch your toes and reach for the sky



Voices from the Community

We believe that hearing from one another helps to create community and connection at a time when we are separated. Every week we will be asking students or families one question. This week:

What has learning at home been like for students?

"Questions can't really be answered through email. Some kids need someone to sit, like do it out for them so that they can see it."

-Abby, from Maryland

"I feel that my favorite part about quarantine is the opportunity to get to let go and to get to slow down in a society that is always go, go, go."

-Afton, from Oregon

"I struggle with motivation, I'm sure most of us do. And so sometimes it's like I have to be in the classroom in order for me to be present and learning. Just being in my bedroom, having my bed two feet away, having the fridge two feet from me, like I have so many more distractions. I have Netflix, and so it's just a little bit more difficult for me to focus sometimes."

- Alicia, from California

Next week we ask parents and families:

What has been your experience helping your child learn at home?

Submit your words, artwork, scanned letters, to be included in next week's newsletter or website.

What do you think? Let us know!

Contact Us

Are you looking for information or assistance?

Contact Us

Stay in Touch!

Receive information on our latest events and news.

Join Us



Not interested in receiving the Learning at Home newsletter? [Please let us know.](#)

*Disclaimer:

I, Seth Shaffer, Psy.D. (PSY 27492), am a licensed psychologist in the State of California. I work in outpatient clinical settings, and provide therapy to children, adolescents, and families.

Mid-Atlantic Equity Consortium (MAEC) has hired me to share general school related parenting strategies for families affected by COVID-19. **The information I provide in the MAEC webinars or website newsletters is not a mental health service or therapy. Sharing the information does not establish a therapist-client professional or confidential relationship between me and any other person who accesses or learns of the information.** All information shared is based solely on my knowledge, expertise, and clinical training. But it is not intended to be a clinical mental health service or therapy for a specific person or circumstance.

Any viewer/participant who believes that they may be experiencing psychological distress or symptoms should consult a local mental health professional right away. They may consider calling the Substance Abuse and Mental Health Services Administration (SAMHSA) 24/7 National Hotline (1-800-662-4357) or another reputable referral organization for help.

I have no conflict of interest with any organization or entity mentioned in MAEC presentation and subsequent MAEC webinars.

