



Each week, MAEC's Collaborative Action for Family Engagement (CAFE) Center, in collaboration with Turning the Page, curates resources on how families can educate children at home and plan for the next school year. If you are a parent advocate or educator, and know families who could benefit from this information, please share it and help spread the word.

THE FAMILY ROOM

The Family Room - Thursday, May 14, 3pm ET

Join us as we reflect, connect, share, and practice tools for maintaining personal well-being, solving conflict nonviolently, and maintaining healthy relationships. This webinar will feature segments by [Little Friends for Peace](#) and [Dr. Seth Shaffer*](#). We will discuss ways to build peace in your family, how to be kind to one another, and ways to solve problems without fighting.

Miss the webinar last week? [Check it out now.](#)

[Join us this week](#)

Ask Dr. Shaffer

We have received many great questions related to parenting during COVID. Keep them coming!

One question in particular was about the importance of family dinner. Eating meals (including dinner) together is important for a variety of reasons. Read more about why and submit your questions below.

[Read More](#)



Nonviolent Conflict Resolution Tips

When you have disagreements, you can use a Peace Train to solve problems. Try these six steps the next time there's a frustrating situation at home.

1. Stop & cool down (count to five with eyes closed)
2. Remember to love each other
3. Say the problem
4. Think of ways to fix the problem
5. Check everyone's feelings
6. Agree on a solution

Tips from [Little Friends for Peace](#).

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 school district in central Maine:

Many school districts have had to shift very quickly to distance learning. Regional School Unit 74 has been focused on meeting the immediate needs and socio-emotional well-being of families and children before focusing on learning. The district has set priorities based

on three main pillars: food, relational continuity and education.

[Carrabec schools' priorities begin with nutrition, then relations, finally learning](#)

Central Maine, May 4, 2020



Resources for Families

Plan Ahead

Plan ahead! Create a family calendar to commit to movement, mindfulness, or meal times for the next month. Check out SHAPE America's May calendar!

[Check it out](#)

Social & Emotional Learning

The term 'social emotional learning' (or SEL) has become common in schools in recent years...but what is it? SEL is "the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions." See the framework below from the [Collaborative for Academic, Social, and Emotional Learning](#).



Source: [CASEL](#).

Check out these creative ways that parents are getting their children to recognize and open up about their feelings.

- [5 Ways Parents Are Getting Their Kids To Talk About COVID-19 Feelings](#)
- [Family Stories Can Help Kids Deal With Crisis](#)

Movement for your Mind

Research shows that kids who practice yoga improve their concentration! Here's a great video of teachers leading some yoga stretches.

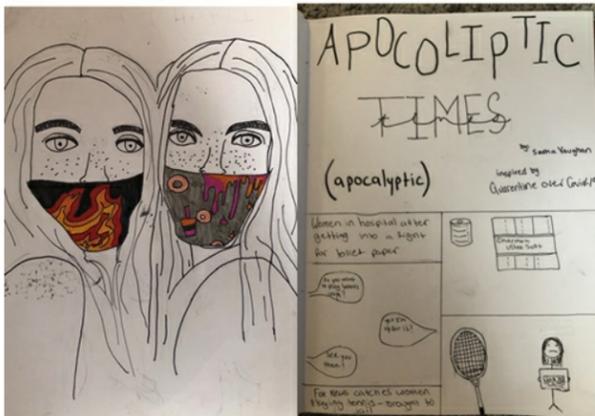
[Watch Now](#)

Voices from the Community



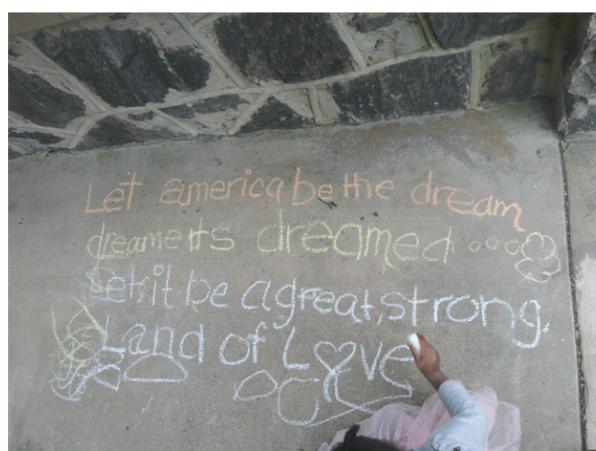
We believe that hearing from one another helps to create community and connection at a time when we are separated. Every week we will be asking families and students one question. This week:

What has been your experience learning or teaching at home?



“Since the start of quarantine I knew that I would be struggling with not being able to see my friends. I am a very extroverted person who loves to hug, high five, and hang out with my friends. With all this going on, it's safe to say that I cannot do that. So, to cope with being isolated and only being able to be with my family, I started a sketchbook about my experiences in quarantine. Here are two of my many drawings.”
- Sasha Vaughan, Student

“We are a large family with five children. We are tired of reading and math instruction. So, we are utilizing art to help learn poems from black poets”
- J'aime Elskoe-Drayton, Parent



Respond to Next Weeks Question

How are you maintaining social connections while physically distancing?

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.

