




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, enjoy "out-of-school" time, cope with this new normal, 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**  
WITH CARLA EASTER  
NATIONAL INSTITUTES OF HEALTH  
THURSDAY | JUNE 4TH | 3PM EST-2PM C



Exploring your Genes Part 2!

Come revisit and go deeper with Carla Easter to discover more about your gene pool.

✓ Best for ages 6-12



Don't forget to bring your trait tree!  
<https://bit.ly/2AvdBew>

## **The Family Room**

**Thursday, June 4, 3pm ET**

This week we're welcoming back NIH's Carla Easter. Join us as we return to the trait tree and discover more about your gene pool. [Bring your own trait tree](#) for a live demonstration.

**In the *Question Corner*:** The alarming events over the past weeks have raised a critical question for parents: **how do we talk to kids about race and racism?** The *Question Corner* will begin to unpack this complex issue so you can help your child process what is going on. We will have on hand child psychologist Dr. Seth Shaffer,\* and education experts from the CAFE team, Dr. Karmen Rouland, Program Manager and Mariela Puentes, Program Associate. Stay tuned for additional information on how we will be addressing this issue on a future webinar.

Finally, did you miss the webinar last week? [Check it out now.](#)

[Register now](#)

## Ask Dr. Shaffer



Each week Dr. Shaffer answers the questions on the website that readers like you submit. This week: **Attention and Quality Time.**

Finding quality time to connect with your child, and creating consistency in their routine can increase children's independence and self-confidence. Read more about how and submit your questions below.

1. [With the stressors that families may be facing, how do you encourage families to give their children the attention they may need during this time? This may be especially challenging for those parents who are "essential workers."](#)

2. [What would you suggest for families with only children? An only child seeks so much of a parent's attention, but working from home and school demands make quality time challenging. Child is clingy and does not want to independently complete school work - waiting until the parent is sitting with them to do it.](#)

Do you have questions for Dr. Shaffer? [Submit them online here.](#)

[Read more](#)



## Visual Thinking Strategies

Visual Thinking Strategies (VTS) help students practice making observations and drawing conclusions on a variety of different subjects with three simple questions:

- What is going on in this image/story/experiment/etc.?
- What do you hear or see that makes you say that?
- What more can you find?

For more detail, and to see VTS in action, [check out this video.](#)

[Check it out](#)

## Local Resources



Have you or your loved ones been affected by COVID-19? MAEC has compiled the most up-to-date state resources to help address the needs of families during the COVID-19 pandemic, including information from the state departments of education, child nutrition, and unemployment offices.

[Visit our site](#)



## 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 The Primary School in East Palo Alto, California, and their efforts to help parents/caretakers address both their children's development and their own well-being.

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When shifting to remote learning, The Primary School relied on their existing parent coaching program to help families connect to local resources. Coaches successfully connected with about 95% of families to help them identify and advocate for their needs, and create a plan so children could continue learning. Read more about their approach and how you can help families in your school or district enhance their skills and strengthen their networks.

[Supporting Students Means Taking Care of Parents, Too. Here's How Schools Can Help](#)

*EdSurge, May 26, 2020*



## Resources for Families

### **Learn Online with BrainPOP**

BrainPOP offers a variety of games and lessons on all subjects related to science and technology.

[BrainPOP is also available in Spanish.](#)

[\*\*Check it out\*\*](#)

### **STEM Read-Aloud Books**

Teach Outside the Box has compiled a list of TEN great read-aloud books that will help elementary age students use their imagination while diving into STEM concepts. Each recommendation includes a follow up activity to

take kids' learning to the next level.

[More](#)

### **Create a Trait Tree**

In advance of Carla Easter's return to MAEC & Turning the Page's Family Room Webinar on 6/4, explore this Trait Tree with your family and see what trends you find.

[Explore](#)

### **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.

