



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

THURSDAY | JUNE 11TH | 3PM EST-2PM C



Dr. Kristin Carothers  
child psychologist



Christine Platt  
activist & author



Dr. Seth Shaffer  
child psychologist

### Join us in the Family Room

Thursday, June 11, 3pm ET

**This Thursday we continue discussing how to talk to your children about race and social justice.** We are pleased to be joined by three incredible guests. Christine Platt, literacy advocate and passionate activist for social justice and policy reform, will be reading and discussing her children's book, *Trailblazers: Martin Luther King Jr.*

In the **Question Corner**, child psychologists Dr. Kristin Carothers and Dr. Seth Shaffer\* will be taking your questions on age appropriate conversations to have with your children about race and racism.

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

[Register now](#)

## Ask Dr. Shaffer



Each week Dr. Shaffer answers questions on the website that readers like you submit.

This week: **How do I get my teenage son to talk to me?**

With teenage boys, timing is everything. Check on their mood so that when they are ready to talk, you, as a parent(s), are accessible.

Here are some things to keep in mind...

[Read more](#)

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



## Creative Breaks

It's important for your emotional well-being to take breaks. A study found that 45 minutes of creative activity significantly lessens stress in the body, regardless of artistic experience or skill level. Start getting into the

practice of taking creative breaks as a family. Try:

- doing a puzzle
- drawing silly self portraits
- dancing to a favorite song
- coloring postcards to send to loved ones
- journaling about your week

It doesn't matter so much what you're doing, just that you're taking the time to do it as a family.

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## 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

The recent murders of George Floyd and others, are a painful reminder of systemic racism and its effects. This week we feature a story from [Embracing Equity](#), a non-profit social change agency, about how we collectively process and move forward from the current events.

Embracing Equity calls on us to think about how our liberation is inextricably linked to one another. While our experiences may be different, they are still deeply rooted in anti-Blackness. The piece is written for three different audiences: for everyone, for non-Black People of Color, and for White people. To collectively move forward, Embracing Equity encourages people to interrogate and dismantle the effects of systemic racism and anti-Blackness.



## Resources for Families

### **Make Worry Stones**

The world can be a stressful place, especially now, and kids are not immune to the negative effects that can come from that stress. We can't always control it — but we can help them develop coping strategies so that they are better prepared for the stress when it comes. One great way to do so is to make worry stones. Worry stones are usually small enough to be held discreetly in one's hand and can be rubbed when feeling worried or stressed. Search outside with your child to find the perfect stone or make your own at home using these instructions.

[Check it out](#)

### **Webinar on Race and Racism**

MAEC's [Center for Education Equity](#) hosted this webinar to help educators and parents gain an understanding of how the construct of race is developed in young children, strategies for discussing race and incidents of bias with students, and the role of educators in providing a safe environment for children.

[Watch it here](#)

### **Resource Repository: Talking about Race**

The National Museum of African American History and Culture has a feature on Talking About Race. This feature provides digital tools, online exercises, video instructions, scholarly articles, and more than 100 multimedia resources tailored for educators, parents, and caregivers, as well as individuals committed to racial equity.

Explore

## Family Conversations about Current Events

This resource is part of ADL's "Table Talk" series that encourages family conversations about current events. It includes background and context surrounding George Floyd, racism, and law enforcement. It also offers questions to begin conversations with children, ways to dig deeper, and take action.

More

## Using Children's Books to Talk about Race

It's never too early to talk about race in developmentally appropriate ways and books are an excellent way to start. Here are three titles to check out as you begin to navigate the conversation:

- [The Day You Begin](#) by Jacqueline Woodson & Illustrated by Rafael López
- [Let It Shine: Stories of Black Women Freedom Fighters](#) by Andrea Davis Pinkney and Illustrated by Stephen Alcorn
- [Something Happened in Our Town: A Child's Story About Racial Injustice](#) by Marianne Celano PhD, Marietta Collins PhD, Ann Hazzard PhD and Illustrated by Jennifer Zivoin

## Contact Us

Are you looking for information or assistance?

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## Stay in Touch!

Receive information on our latest events and news.

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Collaborative Action *for*  
Family Engagement



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.

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

