




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
PURE PLAY EVERY DAY

THURSDAY | JUNE 18TH | 3PM EST-2PM C

With
LIVE
DEMO!



Play is Powerful

Supporting children's emotional growth & problem-solving through unstructured play

✓ Best for ages 3-12

We will be joined by Patty Stine from Pure Play Every Day for a live demonstration on the language, materials, and space that help kids engage in important and transformative play.

During Question Corner, we will continue our conversation around talking about race with your children.

Join us in the Family Room

Thursday, June 18, 3pm ET

Join us this week in the Family Room at 3 pm ET as we discover ways to engage your child's emergent thinking through creative play with everyday objects.

We are pleased to be joined by Patty Stine from [Pure Play Every Day](#), a nonprofit organization that helps families cultivate unstructured, undirected free play as a way to develop problem-solving and emotional regulation skills. Especially in this time of heightened anxiety, children need play more than ever. We will be accessing our inner children through a free play demo with instructive commentary from Patty Stine. You will come away from the webinar with tools to provide the time, space, materials, and supportive language to foster productive play in your child.

This webinar will also feature the *Question Corner* with child psychologist, Dr. Seth Shaffer*, and education experts from the CAFE team, Dr. Karmen Rouland, Program Manager and Mariela Puentes, Program Associate.

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 you monitor the mental health of children who are non-verbal and can't write?**

With children who are non-verbal, it is important to look for changes in behavior, including sleep schedules, appetite, and mood. These changes can signify that your child might be experiencing one or more mental health challenges. You know your child best, so trust your instincts if your child is behaving in a way that is different and cause for concern.

Learn more about what to keep an eye on.

[Read more](#)

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



Creative Breaks

Fill a box or bin with recyclables, craft supplies, and work materials (scissors, glue, etc.). When it's time to play, you can either open it up and let kids explore on their own, or suggest a starting point. Ask them to:

- create a family portrait
- a rocketship
- a boat that can float in the bathtub

Encourage their whim and don't be afraid of the (inevitable) mess!

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 strategic county-wide partnerships in Los Angeles County, California that enabled schools to mitigate the impact of school closures by quickly connecting students and families to essential services.

Prior to the COVID-19 pandemic, the Los Angeles County Office of Education (LACOE) launched a community schools pilot program in the 2019-20 school year. The county developed critical infrastructure by engaging families and community partners, hiring staff, and developing community school committees. The community school pilot program sites are expected to be fully functioning community schools that meet the varying needs of students and families with on-site services by fall 2020.

[County-Level Coordination Provides Infrastructure, Funding for Community Schools Initiative](#)

Learning Policy Institute, June 9, 2020



Resources for Families

Encourage 'Loose Parts' Play!

In early childhood education, loose parts are found objects that children can move, manipulate, carry, and combine in whatever way their imagination drives them to. Check out these 40 great ideas for free play.

Read

Free Play is Beneficial

It's no secret that kids and teens are experiencing higher rates of anxiety and depression than ever before. Some believe that the way kids learn to play (or don't) can be a part of that. Check out "Empowering Kids in an Anxious World," an NPR Feature, to hear how free play and learning to take small risks early on can help kids build social/emotional and self-management skills.

Listen

The Art of Roughhousing

Dr. Anthony DeBenedet (husband, dad, physician, and author of *The Art of Roughhousing*) shares insight on how important it is to play with your child and how rough-and-tumble play can nurture close connections, solve behavior problems, boost confidence, and more.

Watch

Contact Us

Are you looking for information or assistance?

Contact Us

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Receive information on our latest events and news.

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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.

