



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

LIVE WITH ASELIN FLOWERS  
FROM ARTREACH, GW

artreach GW  
at THEARC

THURSDAY | JUNE 25TH | 3PM EST-2PM C

With  
LIVE  
DEMO!

## Healing Through Art

Expressing yourself using mixed media journaling with Aselin Flowers from ArtReach at George Washington University.

✓ Best  
for ages  
3-12

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

## Join us in the Family Room

Thursday, June 25, 3pm ET

**Join us in the Family Room to learn about activities that you can do with your family to express emotions through mixed media journaling.**

We are pleased to be joined by Aselin Flowers from [ArtReach at George Washington University](#), an organization that aspires to be a cornerstone for community engagement through visual art-based work. We will be tapping into our creative side through a live demonstration of mixed-media journaling facilitated by Aselin Flores.

In the **Question Corner**, child psychologists Dr. Kristin Carothers and Dr. Seth Shaffer\* are returning to answer your questions on how to process and cope with feelings of stress and trauma that may be surfacing because of the pandemic and the current manifestations of racism due to police violence.

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, **responding to regressing behaviors and handling differing views.**

These are stressful times; children may be having a tough time navigating all the changes and acting out of character. It may also be challenging for children to handle differences between what their friends say and what you value at home. Learn more about how to check in with your child, encourage perspective taking, and maintain open communication.

1. [My older son is taking on the habits of his younger brother, such as using baby talk and hitting. What can I do?](#)

2. [How do you parent your child who comes home and their 'friend\(s\)' have told them something that is untrue or inconsistent with your family values?](#)

[Read more](#)

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



## What's In Your Heart?

Draw or print out an outline of a heart. Ask your kids to take a moment to reflect on what makes their heart happy. You can guide their reflection by asking:

- What things make them feel good?
- What words would they use to describe these things?
- What images and colors come to mind?

Provide art supplies and encourage them to fill the heart with color, texture, and their reflection.

---

## 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 Swansboro High School in North Carolina and how they have utilized [Maslow's Hierarchy of Needs](#) to focus on meeting students' physiological and safety needs in transitioning to remote learning.

Swansboro High School used a tiered approach to address barriers to student learning and wellness. School staff ensured students had access to food and safe living conditions, scheduled one-on-one wellness calls, offered virtual counseling sessions, and ensured access to instructional materials. Once those tiers of support were provided, they could ensure students were ready to learn. Learn more about how your school or district can similarly use this approach to ensure students' basic needs are met.

[Maslow's Hierarchy of Needs and the Covid-19 Crisis](#)

*ASCD In Service, June 9, 2020*



## Resources for Families

### **Creative Community-Building**

Check out this article from Projects in Public Spaces for five ways that art projects can create opportunities for people to come together.

[Read](#)

### **Create a Colorful Sculpture**

Using this DIY from the Hirshhorn Museum in Washington DC, create a colorful sculpture inspired by abstract artist Sam Gilliam using only a coffee filter (or paper towel), markers, water, and tape or glue.

[Listen](#)

### **Lunch Doodles**



For the first couple of weeks during quarantine, Mo Willems, author and illustrator of Elephant & Piggie books, led students in drawing exercises on Lunch Doodles. It's a fun way to get creative and take an afternoon brain break. Build it into your schedule daily or weekly!

[Watch](#)

## 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.

