



Collaborative Action *for* Family Engagement

Learning at Home



Photo by Mary Taylor, Pexels

Happy September! This month, we embrace the arrival of autumn and honor Hispanic Heritage Month—a time to celebrate the rich histories, diverse cultures, and significant contributions of American residents with ancestral roots in Spain, Mexico, the Caribbean, Central, and South America. Learning at Home is here with new resources to support school and family partnerships, and opportunities to support learning at home.

What is CAFE?

Collaborative Action for Family Engagement (CAFE) is a program at MAEC serving Maryland and Pennsylvania. We engage in high-impact, culturally responsive family engagement. By building partnerships among schools, families, and community organizations, we improve all students' development and academic achievement.

New Resource!



MAEC's CAFE is thrilled to present the **Corner CAFE Podcast**, a valuable resource that delves deeper into the topics covered during our Community of Practice.

Pour yourself a hot cup of coffee (or tea!) and join us for an engaging journey as we explore the immense power of family engagement and discover why it is essential for creating stronger connections between families, schools, and communities.

Episode 101: In our inaugural episode, we chat with experts from Parent Teacher Home Visits (PTHV) about their second annual National PTHV Week, the PTHV model, and how strong school-home connections pave the way for student and family success.

[Listen to episode #101](#)

Resources for Our Families

You Are an Advocate!





Photo by Anete Lusina, Pexels

You are your child's best advocate. Need strategies to help you along the way? Check out the resources below.

[How to get your child to talk about school](#) (webpage)

Understood.org

Some kids love talking about school. If your child is on the quieter side or is very private, there are ways to ask questions that will open up a conversation instead of shutting one down. This article shares some key things to keep in mind.

[Back to School Resources](#) (webpage with downloadable resources)

NAMI

NAMI's resources aim to support educators, guide parents, and empower students on their mental health journey during the school year and beyond.

[Hispanic Heritage Month Resources List](#) (webpage)

MAEC

To celebrate Hispanic Heritage Month, MAEC has compiled a list of books, videos, lesson plans, and other resources for educators, families, students, and more to expand their understanding of the histories and contributions of Latine communities in the United States. Many of the resources listed are free to access and download.

Financial Literacy is a Family Matter!



Photo by Karolina

Grabowska, Pexels

Parents are their children's first teachers, and when kids learn financial literacy from a young age, they are more likely to make wise financial decisions as they grow up. By using the resources below, families can build a strong financial foundation and learn how to teach their children about this important life skill.

[Helping multilingual communities and newcomers](#) (downloadable resources)

Consumer Financial Protection Bureau (CFPB)

Limited English ability and not being familiar with the U.S. financial system can make it hard to navigate the financial marketplace. To help people understand common financial products and transactions, CFPB provides information in multiple languages.

[Managing Money and ADHD: Expenses and Goals](#) (webpage with downloadable resources)

National Resource Center on ADHD: A Program of CHADD

Managing finances can be challenging when you have ADHD, but it's an important skill. You may find you're able to master it once you come up with your financial plan. This resource offers a series of fact sheets to help you meet your goals.

Mindfulness Corner



Photo by Yan

Krukau, Pexels

Mindfulness practices can be helpful for families and children to reduce stress and anxiety, improve focus and emotions, and promote better sleep and well-being. The resources below can support your mindfulness journey whether you're new to mindfulness or looking for additional resources.

[**Can I Help You? Supporting Equity, Learning, and Development by Allowing**](#)

[Children to Help Out](#) (webpage)

National Association for the Education of Young Children (NAEYC)

Learn about the benefits of fostering children's innate desire and ability to help out.

[Take a breath: A meditation guide for families](#) (podcast)

Minnesota Public Radio - Minnesota Now

Kelly Smith from Bloomington, Minn., is a parent and has been teaching yoga and meditation to other parents for years. And they always had the same questions — ‘How can I be more present?’ and ‘how do I realistically start meditating’ when there’s a whole lot of activity happening in my house? MPR News guest host Emily Bright spoke with Kelly about her book “Mindful in Minutes: Meditation for the Modern Family” to answer those questions.

Are you on X? Follow [@CAFE_MAEC](#) for the latest CAFE news!



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CAFE is one of twelve statewide family engagement centers.

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