



The WHALE Study Family Newsletter

April | 7th | 2020



Managing Emotions:

With COVID-19, you and your kid are probably experiencing many emotions – fear, sadness, happiness, anger. At times everything feels okay, and at other times, you or your kid, might feel out of control. When feeling negative emotions, many of us respond by avoiding – walking away, refusing to talk to someone. Other times we respond by venting – hitting something (or someone) or yelling. These responses won't help you feel better and will make your kid more scared. Remember, your emotions impact your kid's emotions so model behaviors that you want them to copy, not ones you don't.

Strategies to help you feel better:

1. **Social support:** call a friend or loved one to tell them how you're feeling.
2. **Positive thinking:** Focus on what's going right in your life. Was your kid sweet for a moment? Is it a beautiful day outside?
3. **Perspective taking:** Remember, this will pass. Life will continue and return to normal in the future.

Strategies to help your kid feel better:

1. **Routine:** stick to a consistent routine that is similar to normal. Kids should eat and sleep at normal times.
2. **Exercise:** Kids behave and feel better if they exercise, so physical activity everyday is key. If possible, get kids outside, even if just on the porch or driveway.
3. **Love:** The single best thing you can do is show your kid love. Hugs, kisses, and praise go a long way to comforting a kid.

The WHALE Team is excited to announce a **paid online survey** opportunity! Please check your email inbox for a survey link. Surveys should take approx. 10-15 minutes to complete, and participants will be paid \$10/survey.



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: whalestudy@unc.edu | 252-651-1280
Find us on Twitter: [@circlelab_unc](https://twitter.com/circlelab_unc), Instagram: [circlelab_unc](https://www.instagram.com/circlelab_unc), and [Facebook!](https://www.facebook.com/circlelab_unc)

CHILD & FAMILY RESOURCES (CLICK BLUE LINKS)

- Click [here](#) for Coronavirus tips and resources from Prevent Child Abuse America
- Click [here](#) for resources from the US Department of Health & Human Services
- Click [here](#) for resources from the National Child Traumatic Stress Network
- Click [here](#) for activity sheets for Children/Adolescents from the National Child Traumatic Stress Network

COMMUNITY RESOURCES (CLICK BLUE LINKS)

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122
- [Durham Crisis Response Center](#)
 - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
 - 919-828-7501
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call)
 - 919-504-5211 (text)
- [Freedom House](#)
 - 919-967-8844 (Crisis Unit, Chapel Hill)
 - 1-877-967-8844 (Mobile Service)
- Suicide prevention lifeline: 1-800-272-TALK

CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [ABC Mouse](#)
 - Free with code: AOFLUNICEF
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)

HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information
 - 216-965-5095
- [Durham Rescue Mission](#)
 - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)

Comprehensive Resource Sheets

- Click [here](#) for a list of resources and services in Durham County
- Click [here](#) AND [here](#) for a list of resources and services in Orange County
- Click [here](#) for a list of resources gathered by the Orange County Partnership to End Homelessness
- Click [here](#) for a list of resources and services in Wake County

Stay-at-Home Order Frequently Asked Questions by County

- For questions regarding Orange County's Stay at Home Order please click [here](#).
- For questions regarding Durham County's Stay at Home Order please click [here](#).
- For questions regarding Wake County please click [here](#).