



The WHALE Study Family Newsletter

August | 31st | 2020



School's In! Tips from our Study Team

In recent weeks many online school sessions have begun again in the Triangle area. For those of us with young children this process can be especially frustrating, confusing, and time consuming.

In light of that we thought we'd do two things in this newsletter. First – talk about the research which can shed light on what kind of learning is important, when. Second – give you some resources. Research from the CIRCLE lab, including the research you have engaged in as participants in the WHALE study has demonstrated that supporting your child's brain development through teaching is important to their later success in school and their mental health.

But what does this mean – is it necessary for you to jump between trying to help multiple children on different schedules engage to varying degrees in disrupted online learning classrooms? Will having this very different learning experience be a long-term problem? Our answer, probably not.

What is important to remember is that your children need learning challenges. Being challenged to learn new things keeps kids brains ready for future challenges and lets them be ready for learning opportunities. In addition, concentrating on learning something new can be a welcome distraction from the ongoing stress of the pandemic.

What your children and you probably don't need is another struggle about how they spend their time. One solution is to identify something they are interested in and try to use it to casually teach them to think about new ideas, to try out new counting and math, to identify letters, sounds, or words.

If your son is obsessed with cars – you might not be that interested in it but it's a great excuse to count all the different makes/models you see drive by. This kind of learning in the family which you can do more casually while you take care of chores is powerful for kid's brain development. And if you and their other caregivers can try to harness every day experiences to give them little bits of learning, you can be more confident that next year when they can really go back to school their brains will be ready for action.

The WHALE study has **new team members!**

Dr. Ilana Berman



Dr. Meredith Gruhn



Dominique Martinez



Summer Motton



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 | 919-914-0588
Find us on Twitter: [@circlelab_unc](https://twitter.com/circlelab_unc), Instagram: [circlelab_unc](https://www.instagram.com/circlelab_unc), and [Facebook!](#)

BACK TO SCHOOL RESOURCES

- General Tips & Resources:
 - Click [here](#) for Parenting Guide to meeting the challenge during COVID-19
 - Click [here](#) and [here](#) for recommendations from CDC for both in-person and virtual school
 - Click [here](#) and [here](#) for tips from the APA on motivating children
 - Click [here](#) for tips from the APA on fostering self-regulation and creativity
 - Click [here](#), [here](#), and [here](#) for tips from Healthy Children
 - Click [here](#) for tips from Read Brightly on getting kids into the learning mindset
- Creative Movement Breaks:
 - Click [here](#) and [here](#) for kids' exercise ideas
- Click [here](#) and [here](#) for resources for kids with ADHD or other considerations
- Click [here](#) and [here](#) for some validation from NPR on homeschooling
- Click [here](#) for information on stress management during COVID from the CDC
- Click [here](#) for a short video with tips on behavior management

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
- Hope4NC Helpline: 1-855-587-3463

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](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you