



The WHALE Study Family Newsletter

September | 15th | 2020

Study Results from the Research Team

Thank you so much for participating in our surveys. We wanted to tell you results we have found with your participation and help. We are hoping these results contribute meaningfully to the ongoing conversation around how to best support families in these difficult times. We have contacted state level organizations which inform lawmakers, are preparing results for publication, and are trying to get this information out to policy makers. We hope that this knowledge will help law and policy makers reach decisions that can help your families and families like yours.

At the outset of the shelter in place orders in NC, there was general concern that family conflict would escalate during the pandemic. We asked you about this and we found that families reported high levels of family conflicts across all participants in April right after the stay-at-home orders in North Carolina. This shows that all families in our study needed help. We are trying to use this information to advocate for our families to the state and the scientific community.

Second, we found that rates of family conflict declined across the course of the pandemic. This is profound – it shows how resourceful and competent you are as caregivers. In the context of this incredibly difficult time you were able to make your home a more peaceful place and thus, to protect your children.

Third, we found that financial stress has an impact on family conflicts: families who were unemployed or working fewer hours during this time had more family conflict. We are trying to use this information to show that families need financial support right now.

Finally, we found that parent's reactions to their own emotions can predict family conflicts within that family. This suggests that caregivers can help with family conflicts by recognizing and coping with their own emotions. This is something you can do right now to help yourself and your families. We have included some recommendations below:

- ❖ Recognize that feelings of stress, anger, worry and irritability are expected given the demands of care of young children, especially with job demands.
- ❖ If two parents are home, consider a "tag team" approach to childcare.
- ❖ Understand that increases in children's challenging come from distress and disruptions from typical routines.
- ❖ Identify when feeling activated and use a coping strategy that helps (e.g., deep breaths; considering the things that they are grateful for, and instituting a household "quiet time" for rest).
- ❖ Develop a plan to call a friend or family member in order to avoid engaging in violent behaviors.

Check out the page below for some back to **virtual school** resources!



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!](https://www.facebook.com/circlelab_unc)

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