



The WHALE Study Family Newsletter

September | 30th | 2020

When virtual learning feels like virtually too much...

Over 70% of families in our study have their child(ren) in their care most of the time. For school-age children, virtual school is in full swing and not expected to stop. Some schools have high expectations for parents to lead children in independent work during non-class times. This can be a large burden for parents.

If you, or your child, is struggling to meet these expectations, let your teacher know. Teachers are also managing a lot of expectations these days, but they all want the best for the children in their class, and their families. If your child isn't understanding a concept and you're struggling to explain it to them (because children are known for ignoring their parents wisdom), ask the teacher for extra assistance. In this virtual universe, teachers don't have as much ability to monitor students' progress or the struggles along the way to turning in an assignment. If your child doesn't understand something, others may also be confused. It's okay to ask the teacher if they can review the concept in class, have a moment to work individually with your child, or can recommend a YouTube video or other resource. If your child's work isn't perfect, "let it gooooo," as they say. Trust that your child is still learning.

Parents often experience guilt about their children's use of technology, but navigating technology is also a skill! Not all screen time is the same and often includes valuable activities such as educational videos, or video calls with friends or relatives. It is expected that kids will have [more screen time](#) these days than they used to. Limits are still important: Screens should not interfere with children getting good sleep, physical activity, reading, and downtime. Even the [American Academy of Pediatrics](#) has removed specific screen time limits to reduce parents putting additional pressure on themselves. Their general guidelines are now, "Don't be on [screens] all day."

The reality is, no matter how much you love and care about your kids, sometimes you might have to prioritize family finances over quality family time. Remember, you are doing the best you can. You are making the best decisions you can, with the mental and emotional resources you have, in each moment. One of the great things about parenting is there is always another opportunity to do your best.

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](#), Instagram: [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](#)
- [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