



The WHALE Study
Family Newsletter

March | 26th | 2021

“Gimme a Break” Managing Spring Break with Young Children



With this Spring Break comes the anniversary of the pandemic in the US, which can bring mixed emotions including grief. For some children and caregivers, a week away from school (whether virtual or in-person) may feel like a much-needed break, whereas others may be challenged by this break in momentum to find alternate childcare or engaging activities. It's worth taking this time to do something a little bit different and spend some time connecting with children. Even if your daily work schedule isn't changing, taking a few moments to do something “special” on some of these Spring Break evenings can make a big difference.

Staying safe is still a priority but Spring weather brings back more outdoor opportunities like exploring new [trails](#) or [playgrounds](#). Even involving your children in cooking a meal together or baking a dessert can be a fun activity - because the real treat is spending quality time with you. If you're looking for suggestions, we've included several resources on the next page for virtual activities and crafts if you're preparing for a staycation, and in-person outdoor and indoor (socially distanced and masked) options if you're looking for a safe new adventure. We've listed several ideas, but remember: after a year of relative isolation in the pandemic, a little novelty can go a long way for young children!

Although there won't be school, maintaining the basics of their routines (waking, eating, and sleeping times) can be helpful to keep some structure and predictability for them, which is also healthy for their bodies! (*Did you know children ages 4-7 function best with 10-12 hours of sleep per day?*) Maintaining these routines is especially helpful for caregivers who continue to work during this week, and can also alleviate yet another transition for your child(ren) when they return to their school schedule the following week. By maintaining the majority of their routines, any change in them (like getting to read an extra book or two before bed) can feel even more exciting!

As always, remember to take a few moments for yourself, too. You also deserve a break!

Check out the page below for **in-person and virtual Spring Break activities** and **community resources!**

Click [here](#) to tell us what topics you want covered in future newsletters!



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!](#)

Newsletter written by Dr. Ilana S. Berman and formatted by Dominique N. Martinez

REMINDERS

****Reminder:** Please refer your friends if they have a 4-6-year-old and you think they would be interested in participating in the WHALE study. For every eligible family that you refer to us, you will receive \$10!

SPRING BREAK ACTIVITIES + COMMUNITY RESOURCES (CLICK BLUE LINKS)

In-Person Spring Break Activities:

- Click [here](#) for fun socially distanced ideas in the Triangle
- Click [here](#) for free and low-cost activities in the Triangle
- Click [here](#), [here](#), and [here](#) for other local activities
- Click [here](#) for information on how to safely explore North Carolina

Virtual Spring Break Activities:

- Click [here](#) and [here](#) for free reading resources
- Click [here](#) for free museum tours
- Click [here](#), [here](#), and [here](#) for educational resources and activities

If you feel like getting creative with crafts (or have older children to help), these sites have crafts you can create with things you may already have at home (like toilet paper rolls!)

- [Easy, Peasy, and Fun Activities](#)
- [26 Crafts for Elementary School Kids](#)
- [50 Quick & Easy Kids Crafts](#)

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

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](#)