



"Won't you be my neighbor?" Why we do home visits

The WHALE Study
Family Newsletter
March | 16th | 2022

One of the first visits you complete with the WHALE Study is the home visit. While we had to stop home visits for a little while because of COVID-19, with changes in overall vaccination and transmission rates, we decided to return to having home visits with

Since the start of our study we have completed close to 150 home visits and have gotten to meet younger and older siblings, parents, grandparents, aunts and uncles, and the occasional furry friend. We have loved traveling to you and appreciate being able to meet with families in their own environment. At some point during your participation with us though you may have wondered: **Why do we do home visits anyway? And what exactly are we learning?** This week we'll take some time to walk through the home visit and explain how this visit helps us learn more about your child's early childhood experiences.

Why home visits? We completely understand that it may feel intimidating or uncomfortable to invite research assistants that you've never met into your home for the afternoon. Our study team is made up of diverse research staff that have a variety of lived experiences and are trained to be sensitive to the fact that **there is no right or wrong way to live**. We want you to know that when we visit your home, we are not judging you, or where or how your family lives, rather we are grateful for the opportunity to learn about your family beyond our lab space at UNC. Through our study we aim to understand your child and family in various contexts – the home, for example, happens to be the place where you and your child spend most of your time and thus a great place for us to learn from!

What do we learn from home visits? Those who participated in home visits may recall we do a variety of tasks with you, the primary caregiver, and your children. To start, you may remember completing an interview where we asked you questions about how your children learned various concepts from what they are taught at home, as opposed to daycare or school. Additionally, you completed an interview similar to one that you may receive at a doctor's office to get a sense of your child's physical, social, and behavioral development. Generally, these interviews allow us to understand your child better (and have taught us that Llama Llama board books and Magna-Tiles are super popular among children 4-6!).

Continued on page 2)

Check out the page below for [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 Dominique N. Martinez and formatted by Dr. Ilana S. Berman

While you completed interviews, your child played some card and computer games. In our last newsletter, we discussed the “cognitive tasks” we do with children. Your child does some of those kinds of tasks during the home visit along with others that help us to understand how your child views the people and world around them.

We hope that home visits are convenient for our families to participate in and also help us learn about your child’s development. As always, we thank you for your participation with the WHALE Study and thank you for welcoming us into your home!

STUDY 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 on your VISA prepaid card!

If you have a family in mind, please:

- Fill out [this form](#) that says you are agreeing to be compensated additional payment for referring families, without this form we will be unable to provide you with compensation per UNC policy;
- Have the family reach out to us via email (whalestudy@unc.edu) or phone (919-914-0588) and **make sure they mention your name** OR have the family fill out this [contact survey](#) and **mention your name when called.**

COMMUNITY RESOURCES (CLICK BLUE LINKS)

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](#): 1-800-273-TALK (8255)
- Hope4NC Helpline: 1-855-587-3463
- [Crisis Text Line](#): Text HOME to 741 741

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](#)