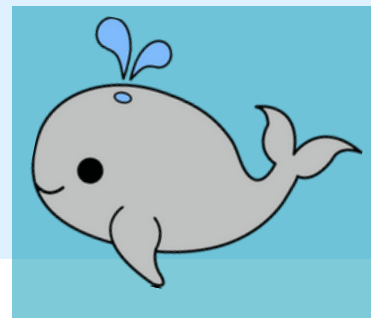


The WHALE Study Family Newsletter



AUGUST 2023

We hope you each had an enjoyable summer. Welcome to our newly formatted newsletter! We'd like to continue providing information on topics that are relevant to you and your family, so please send us ideas about what you'd like to read about in future newsletters, [HERE](#). Keep an eye out for 1-2 newsletters per season. We are finishing data collection this next year (by summer 2024), but are hoping to have another study relatively soon to learn more about your children as they age!

REMINDERS FOR BACK-TO-SCHOOL SEASON

While some children are in year-round programs, the upcoming Fall season can be a useful time to refocus on your family's routines. For some who've been flexible about bedtimes in the summer, this may mean gradually start getting them ready for sleep earlier as school gets closer; it can take a few weeks for your child's body to adjust to these changes. As the start of school gets closer, pay attention to how your child talks about it. Many children benefit from support around transitions, especially children with symptoms of anxiety, ADHD, or Autism. Sharing any information you have in advance about their next teacher, friends who may be in their class, or changes to your drop-off, after-school, or pick-up routine can be especially helpful for kids to imagine themselves in these new scenarios. If there are any significant changes, consider practicing the routine if possible (e.g., driving by a new after-school facility) or reading stories about other children's positive experiences (e.g., the first time riding a school bus). Letting your child choose their school supplies or identify their "first day of school outfit" can also increase their excitement!

Here are more resources and back to school tips from [ChildMind](#), [Centers for Disease Control \(CDC\)](#), and [PBS](#).

FEATURED STAFF

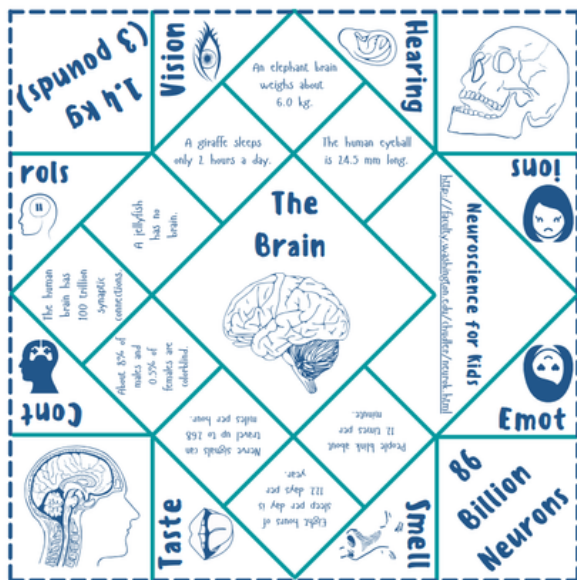


This month we are highlighting one of our former full-time WHALE RAs, **Maresa**. Maresa has worked on the WHALE Study since 2021. Participants have described Maresa as friendly, relatable, and attentive to their family's needs.

She and her co-worker Summer began a project to make the EEG experience (where the child wears a cap with some sensors on their head to measure their brain's electrical activity) more inclusive for BIPOC children. They helped us update our visit instructions to better inform families before your 2nd visit (visiting our lab space in Howell Hall) about what hairstyles for your child would make the EEG a more comfortable experience. She was recently invited to present her research on increasing comfort and quality in the MRI for BIPOC participants at a conference for Black women in STEM careers held in Puerto Rico called STEMNoire. Maresa was recognized for her presentation with a 2nd place oral presentation award!

Please reach out if you have any questions, comments, or concerns regarding The WHALE Study. Staff can be reached by call, text, or email: whalestudy@unc.edu | 919-914-0588





Brain Origami

by Eric H. Chudler, Ph.D., University of Washington

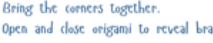
1. Cut along the dashed line to remove the pattern.
2. Turn the paper over so that the printed side is down.
3. Bend the four corners to the center of the paper.



4. Turn the paper over.
5. Bring the four corners to the center of the paper.



6. Fold the paper in half.
7. Put your thumb and first fingers in the outside pockets.
8. Bring the corners together.
9. Open and close origami to reveal brain



Brain Facts & Activity

Click [this link \(also below\)](#) for a full-size printable image to create “brain origami.” Guide your child to cut along the dotted lines and fold the paper into a “fortune teller” to reveal fun brain facts! Image created by Eric H. Chudler, Ph.D. from University of Washington

Source:

<https://faculty.washington.edu/chudler/pdf/BrainOrigami.pdf>

Community Resources

More community resources can be found on our website: circlelab.unc.edu

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](#)
- **Social Services:**
 - [Durham County](#)
 - [Orange County](#)
 - [Wake County](#)

FOOD & GROCERIES

- [Food Bank of Central & Eastern North Carolina](#)
- [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.
- **Free/Reduced Price School Meals:**
 - [Chapel Hill-Carrboro City Schools](#)
 - [Durham County](#)
 - [Wake County](#)
- Food Resources by County: [Orange County](#), [Durham County](#), [Wake County](#)

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122 (24/7 Domestic Violence Hotline)
- [Durham Crisis Response Center](#)
 - 919-403-6562 (24-hour Help Line)
- [InterAct Family Safety and Empowerment Center](#): 919-828-7501 (Main office)
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call), 919-967-7273 (text)
- [Freedom House](#)
 - 866-275-9552 (Orange/Person County Mobile Crisis)
 - 919-957-7386 (Durham Women’s House)
 - 336-599-8366 (Roxboro)
- [Suicide & Crisis Hotline](#): call or text 988
- [Hope4NC Helpline](#): Call or text “hope” to 1-855-587-3463
- [24/7 Crisis Text Line](#): Text HOME to 741741

CHILDCARE

- [Childcare Payment Assistance](#)
- [CCSA Child Care Scholarship Program](#)
- [NC Pre-K: state-funded, part-day preschool program](#)
- [Durham Pre-K](#): 1-833-773-5338
- **Child Care Subsidy Programs:**
 - [Alamance County](#): 336-570-6532
 - [Durham County](#): 919-560-8300
 - [Orange County](#): 919-968-2000
 - [Wake County](#): 919-212-7000
- [Child Care Referral Central \(CCRC\) LEARNING](#)
- Scholastics: [Learn at Home](#) & [Book Lists By Age](#)
- [Khan Academy Kids](#)
- [PBS Kids](#)

