



Each week, MAEC's Collaborative Action for Family Engagement (CAFE) Center curates resources on how families can educate children at home, enjoy "out-of-school" time, cope with this new normal, and plan for the next school year. If you are a parent advocate or educator, and know families who could benefit from this information, please share it and help spread the word.

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The Family Table



Collaborative Action for
Family Engagement



Join us at the Family Table

Thursday, August 6, 3pm ET

Pull up a chair to The Family Table as we learn how families can advocate for their needs and decide what is best for their children.

We are pleased to be joined by Bianca Scott, UPLAN

Parent Leader. [United Parent Leaders Action Network \(UPLAN\)](#) is a national network of families who come together to inform educational policies and programs across the United States. Bianca will discuss her advocacy journey, work with UPLAN, and her transition from working with a school district in Washington state to one in Florida. She will provide listeners with strategies on how to best advocate for their priorities in school reopening considerations and decide what is best for their children.

The webinar will also feature the Question Corner with child psychologist, Dr. Seth Shaffer, and education expert, Mariela Puentes. They will answer questions regarding your family's educational and social emotional needs.

Did you miss the last webinar? [Check it out now.](#)

[Register now](#)

What should come next?

We want to hear your thoughts. Please fill out this short survey to assist us with planning future Family Table webinars. We will be taking a short break after this week and will be back soon with content that is suited to your needs.

[Take the Survey](#)

Ask Dr. Shaffer



Each week Dr. Shaffer answers questions on the website that readers like you submit. This week:

How do I keep my kids active during the COVID-19 pandemic?

A good overall approach is to create a daily routine for

staying active with your entire family. These routines provide a great opportunity to engage in activities together and for parents/caretakers to model the importance of physical activity. Creating the routine can be the hardest part, because you may encounter resistance from your child (or children). If you follow through with this routine, and set this as an expectation for the entire family, your children will more likely “fall in line,” making it easier to maintain the activities. For example, have a daily “family workout” routine that includes everyone in the family, maybe before dinner or at another convenient time. You can make it fun by everyone putting an idea in a jar or cup, and a member of the family closing their eyes and picking out a fun active, activity for the day. You can take turns each day. This allows for everyone’s choices to be considered.

[Read more](#)

Do you have questions for Dr. Shaffer? [Submit them online here.](#)



Problem Solving

Want to build children’s math problem-solving skills? One approach is to help children think strategically with flexibility. Check out Polya's approach to help children make sense of any problem:

- Understand the Problem - what is the problem asking you to do?
- Devise a Plan - choose a strategy that might work.
- Carry out the Plan - try out the strategy you have chosen.
- Look Back - reflect on what worked and what didn’t. Don’t be afraid to try again!

For more tips on how to use this problem-solving approach [click this link.](#)

Local Resources



Have you or your loved ones been affected by COVID-19? MAEC has compiled the most up-to-date state resources to help address the needs of families during the COVID-19 pandemic, including information from the state departments of education, child nutrition, and unemployment offices.

[Visit our site](#)



Innovation & Inspiration

We are inspired by school districts finding innovative ways to address the concerns of our most vulnerable students. This week we feature the efforts of a group of national parent leadership organizations to center parent voices on equity in school reopenings.

A coalition of organizations, representing over one million families across the United States, has released guidelines advocating for families, educational leaders, and policy makers to partner as co-decisionmakers in school reopening decisions. They have outlined how those reopening plans should offer families an equitable, high-quality education for all students, and prioritize the physical and socio-emotional health of children and school staff. Read more about their priorities in the newly released letter to educational leaders and policy makers.

[Parent Voice on Equity in Reopening Schools](#)

IEL, July 20, 2020



Resources for Families

Simple STEM Activities

Check out this list of 11 simple STEM activities to do with your kids. They'll be having so much fun, they won't even realize they're learning! All activities use objects you likely already have around the house.

Create

Engaging More Girls in STEM

Just a few decades ago, it was a rare sight to see a woman working in a STEM field. While it's more common today, women are still outranked 3:1 by their male counterparts, and women of color represent fewer than 1 in 10. Watch this video to learn FIVE ways that we can work to increase diversity in STEM careers.

Inspire

Family STEM Activities

Are you looking to do fun projects as a family? Check out these interactive STEM activities from The Museum of Science in Boston. They help spark children's curiosity and cover a variety of topics. Suggested for children ages 2 - 14.

Experiment

Contact Us

Are you looking for information or assistance?

Contact Us

Stay in Touch!

Receive information on our latest events and news.

Join Us



Not interested in receiving the Learning at Home newsletter? [Please let us know.](#)

***Disclaimer:**

I, Seth Shaffer, Psy.D. (PSY 27492), am a licensed psychologist in the State of California. I work in outpatient clinical settings, and provide therapy to children, adolescents, and families.

Mid-Atlantic Equity Consortium (MAEC) has hired me to share general school related parenting strategies for families affected by COVID-19. **The information I provide in the MAEC webinars or website newsletters is not a mental health service or therapy. Sharing the information does not establish a therapist-client professional or confidential relationship between me and any other person who accesses or learns of the information.** All information shared is based solely on my knowledge, expertise, and clinical training. But it is not intended to be a clinical mental health service or therapy for a specific person or circumstance.

Any viewer/participant who believes that they may be experiencing psychological distress or symptoms should consult a local mental health professional right away. They may consider calling the Substance Abuse and Mental Health Services Administration (SAMHSA) 24/7 National Hotline (1-800-662-4357) or another reputable referral organization for help.

I have no conflict of interest with any organization or entity mentioned in MAEC presentation and subsequent MAEC webinars.

