

Monthly Family Newsletter

December 2020



Virtual Learning Tips For Families

We know virtual learning can be a challenge in itself and as we still adapt to these times of learning from home, here are some tips to keep in mind to help with virtual learning.

- **Reduce Distractions.** Consider limiting the use of devices until the schoolwork is done. Some students may need an adult to check on them.
- **Brain Breaks.** It may be hard for some kids to sit through an entire class. Some children might need more frequent breaks than others. Include "brain breaks" in between learning.
- **Time Management Tips.** Having a consistent schedule for schoolwork will allow parents to plan the workday and let students more easily transition in and out of school time.
- **Provide Positive Feedback.** After kids complete a task or finish a class, consider praising them. Putting a checkmark, star, or sticker on a work assignment can go a long way to encourage a kid.
- **Be Flexible.** You may need to adjust your schedule as you go.
- **Help Kids Stay In Touch With Their Friends!** School is much more than a place to learn. It serves as a place for kids to socialize and hone their networking skills.
- **Reach Out To Your Child's Teacher.** Try to begin this academic year by opening a dialogue with your kids' teachers.

Meet The Educare Family!

Sammi is an EHS Classroom Support, working with 0-3 year olds. She has been working at Educare for a year and a half. She loves the new experiences in the classroom for the children. Her favorite classroom activity is anything sensory. She likes cats, hula hooping and the color black as well as Apple music, TikTok and YouTube. If she has a superpower, it would be teleporting.

"Because I could go anywhere!"

From Our Executive Director

JA'NEL JAMERSON

We all want to continue to support our kids during the Coronavirus crisis. Here are tips from the Child Mind Institute's clinicians to help calm fears, manage stress and keep the peace.

- **Keep Routines in Place.** Consistency and structure are calming during times of stress. Kids, especially younger ones or those who are anxious, benefit from knowing what's going to happen and when.
- **Be Creative About New Activities and Exercise.** Incorporate new activities into your routine, like doing a puzzle or having family game time in the evening. Build in activities that help everyone get some exercise, safely, especially now that some restrictions are being relaxed.
- **Manage Your Own Anxiety.** It's completely understandable to be anxious right now but how we manage that anxiety has a big impact on our kids. Keeping your worries in check will help your whole family navigate this uncertain situation as easily as possible.
- **Stay in Touch Virtually.** Keep your support network strong, even when you're only able to call or text friends and family. Socializing plays an important role in regulating your mood and helping you stay grounded.
- **Make Plans.** In the face of events that are scary and largely out of our control, it's important to be proactive about what you can control. Making plans helps you visualize the near future. How can your kids have virtual play dates?
- **Keep Kids In The Loop.** Talking to children in a clear, reasonable way about what's going on is the best way to help them understand.
- **Check In With The Little Kiddos.** Young children may be oblivious to the facts of the situation, but they may still feel unsettled by the changes in routine, or pick up on the fact that people around them are worried and upset. Plan to check in with younger children periodically and give them the chance to process any worries they may be having.



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Mark Your Calendars:



Important Dates

- November 24th: Parent café 10-11am & 12-1pm
- December 2nd: WOW meeting – 10-11am
- December 9th: Expected to return to Face to Face Learning
- December 17th – January 3rd: Winter Break

From our Family Engagement Coordinator

JENNY HALL

Hope everyone enjoyed their holiday! On December 2nd at 10am we will have our first virtual WOW meeting of the year. With the holidays approaching we will be discussing budget and financing. If you are interested in joining us please let your family engagement advocate know and we will get u registered for the presentation. During this pause from face 2 face learning if you need any help with resources for food, coats, clothing or shelter please do not hesitate to reach out to your teaching staff or family engagement advocate for assistance. **Please stay safe and healthy!**

From Our School Director

JODI RAMOS

Tips for reading at home:

Research shows that reading every day helps children build reading comprehension, fluency, and vocabulary.

- **Establish a Routine.** Designate a specific time for your child to read a book at his or her level for at least 20 minutes every night.
- **Create a Comfortable Reading Environment.** Use pillows, lamps, and comfortable furniture to set up a cozy reading area in your home.
- **Incorporate Fast and Fun Reads.** Use magazines, newspapers, recipes, TV schedules, and road signs as reading opportunities.
- **Share Workplace Reading.** Bring home materials and documents from your job so your child sees the relevance of reading in the workplace.
- **Read and Ride.** Listen to audio books while traveling by car so your child hears modeled fluent reading.
- **Read and Chat.** Discuss the books that your child is reading. Ask questions such as: What was your favorite part?



Scan this QR code to complete the health check survey each morning.



THANK YOU FOR ALLOWING US TO BE A PART OF YOUR FAMILY!