

RESOURCE FILE FOR VIRTUAL LEARNING

Parent and Community
Resource Guide

Hayfield Middle School





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RESOURCES AND GUIDES

RESOURCE:

Dove Self-Esteem Project – Resources for Parents

ACCESS INFORMATION:

- <https://www.dove.com/us/en/dove-self-esteem-project/help-for-parents.html>

CREATOR / SPONSOR:

- Dove



PURPOSE AND DESCRIPTION:

- Expert resources for parents and mentors to help raise young people's self-esteem. The evidenced-based resources have been specifically designed to encourage young people to develop and maintain a healthy body image during the transition to adulthood.

LANGUAGE ACCESSIBILITY:

- Website available in Spanish: <https://www.dove.com/us/es/dove-self-esteem-project/help-for-parents.html>

RESOURCE:

Family Guide to At-Home Learning



ACCESS INFORMATION:

- Website: <https://cedar.education.ufl.edu/family-guide-to-at-home-learning/>
- Guide: <https://cedar.education.ufl.edu/wp-content/uploads/2020/05/CEEDAR-Family-Guide.pdf>

CREATOR / SPONSOR:

- University of Florida Cedar Center

PURPOSE AND DESCRIPTION:

- This guide has practical strategies that work for helping children of all ages who may be struggling with an at-home learning task. Families may find these strategies useful when helping their children complete various reading, math, and/or behavioral tasks at home.

LANGUAGE ACCESSIBILITY:

- Guide available in Spanish: <https://cedar.education.ufl.edu/wp-content/uploads/2020/06/Gu%C3%ADa-para-la-familia-sobre-el-aprendizaje-en-casa.pdf>

RESOURCE:

Resources and Tips for Parents During School Closure

ACCESS INFORMATION:

- https://padlet-uploads.storage.googleapis.com/418766834/3323f25c5bbaef058aba7bbdee80eee9/Resources_for_Parents_During_School_Closure.pdf



PURPOSE AND DESCRIPTION:

- This resource guide provides several resources, articles, tips and ideas to assist parents during school closures. Topics include 1) speaking to your student about COVID-19, 2) helping students cope with stress and anxiety, and 3) limiting access to television and social media.

RESOURCE:

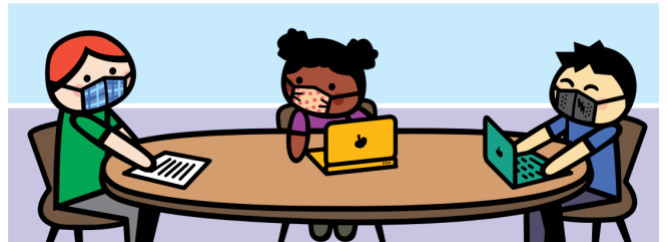
COVID Parent Guide for School-Aged Children

ACCESS INFORMATION:

- https://www.doe.virginia.gov/support/health_medical/office/covid-19-parent-guide.shtml

CREATOR / SPONSOR:

- Virginia Department of Education (VDOE)



PURPOSE AND DESCRIPTION:

- The COVID Parent Guide for School-Aged Children is a comprehensive guide to information and resources about COVID-19, distance learning, planning for return to school, including crisis resources and childcare resources, etc.

RESOURCE:

Social and Emotional Learning Resources During COVID-19

ACCESS INFORMATION:

- <https://casel.org/resources-covid/>

CREATOR / SPONSOR:

- Collaborative for Academic, Social, and Emotional Learning (CASEL)

PURPOSE AND DESCRIPTION:

- CASEL provides many resources including: Refocus on the SEL Roadmap: Actions for a Successful Second Semester; Guidelines for Educators, Parents, and Caregivers; SEL Resources for Distance Learning, and so much more!





OUTREACH AND PROGRAMS

RESOURCE:

School Refusal Program

ACCESS INFORMATION:

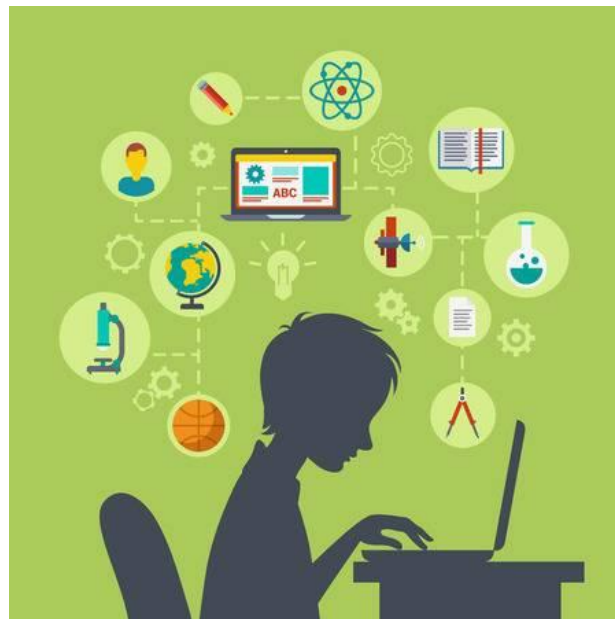
- <https://dominionhospital.com/specialties/school-anxiety/>

CREATOR / SPONSOR:

- Dominion Hospital HCA Virginia Health System

PURPOSE AND DESCRIPTION:

- The primary goal of the School Refusal Program is to reintroduce a child to the academic setting, achieve full-time attendance, and help parents learn how to help a child with anxiety about school. The program follows a school avoidance curriculum, which is available through the children's behavioral health and adolescent behavioral health programs.



RESOURCE:

VA C.O.P.E.S. Warmline

ACCESS INFORMATION:

- Call or text 877-349-6428 - Mon-Fri 9am-9pm and Sat-Sun 5pm-9pm
- Website: <https://vacopes.com>

CREATOR / SPONSOR:

- VA C.O.P.E.S (Compassionate Optimistic Person-Centered Empowering Support)

PURPOSE AND DESCRIPTION:

- VA C.O.P.E.S. is available to all Virginia residents who may be struggling to cope with the effects and circumstances such as isolation, fear, grief, and anxiety around COVID 19. VA C.O.P.E.S. counselors are prepared to refer and provide additional information for callers as well, but should not be utilized as an emergency or suicide hotline.

LANGUAGE ACCESSIBILITY:

- Spanish speaking counselors available.





TIPS AND TRICKS

RESOURCE:

Talking with Children: Tips for Caregivers, Parents and Teachers During Infectious Disease Outbreaks

ACCESS INFORMATION:

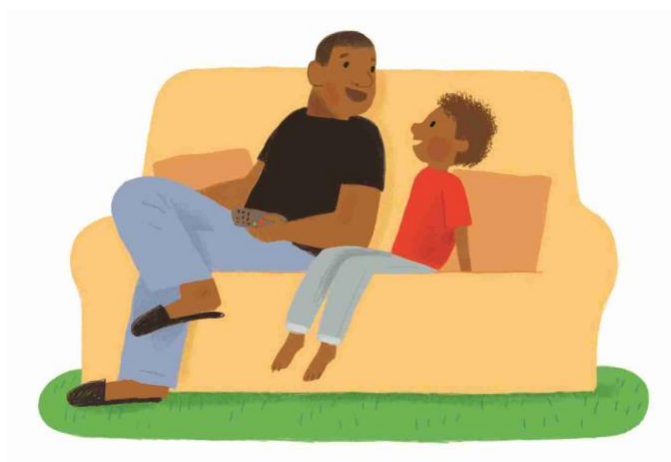
- <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

CREATOR / SPONSOR:

- Substance Abuse and Mental Health Services Administration (SAMHSA)

PURPOSE AND DESCRIPTION:

- This is a downloadable PDF that provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak. It describes potential reactions among youth and the support adults can provide to help them.



RESOURCE:

250 Dinner Conversation Starters for Family Discussions

ACCESS INFORMATION:

- <https://www.ahaparenting.com/parenting-tools/communication/family-discussions>

CREATOR / SPONSOR:

- Aha! Parenting.com

PURPOSE AND DESCRIPTION:

- This website provides Conversation Starter Questions that can be adapted for kids of all ages and work well both to launch family dinner table conversations and for one-on-one time. Topics include: Getting to Know Your Child; School; Friendships; Bullying; Drug Use, and many more!



VIDEOS

RESOURCE:

Helping Your Kid With ...

ACCESS INFORMATION:

- <https://www.meadowscenter.org/library/resource/helping-your-kid-with>

CREATOR / SPONSOR:

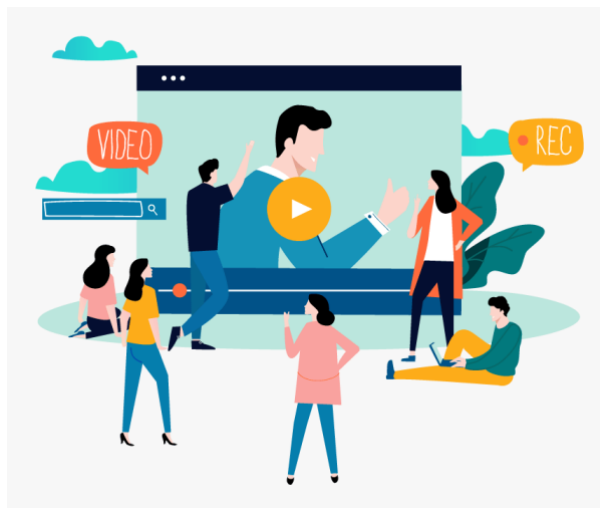
- The Meadows Center for Preventing Educational Risk (MCPER)

PURPOSE AND DESCRIPTION:

- Educational experts at MCPER have created videos to help parents and guardians use effective practices to teach students at home due to COVID-19. You can click on any image to read a description, download free resources, and watch the video.

LANGUAGE ACCESSIBILITY:

- Closed captions available.



RESOURCE:

Strategies for Family Engagement with Schools

ACCESS INFORMATION:

- https://formedfamiliesforward.org/family_resource/family-engagement-with-schools-strategies-to-build-strong-partnerships-video/

CREATOR / SPONSOR:

- Formed Families Forward

PURPOSE AND DESCRIPTION:

- Designed for family members, this 10-minute video explains the Virginia Tiered Systems of Supports (VTSS) and offers concrete tips and strategies to engage with school partners more effectively. The video features family members and school staff from around Virginia, sharing their own lived experiences and suggestions for building stronger connections between families and educators to improve outcomes for all students. A fact sheet accompanies the video.

LANGUAGE ACCESSIBILITY:

- Spanish and Arabic captions are available via YouTube settings. Spanish and Arabic fact sheets are also linked on the website.
- Closed captions available.



RESOURCE:

Staying Sane while Parenting with Shelter in Place

ACCESS INFORMATION:

- https://www.youtube.com/watch?v=nEHllyo2lS0&feature=emb_title

CREATOR / SPONSOR:

- Robbyn Peters Bennett, CMHS, LPC Early Childhood Trauma Specialist

PURPOSE:

- This webinar leads a discussion about helping parents stay sane in Shelter-in-Place during the COVID-19 crisis.

DESCRIPTION:

- Robbyn Peters Bennett moderates a discussion with Dr. Bruce Perry and positive parenting advocates Trina Greene Brown, Amy Bryant and Leslie Hillenbrand to talk about neuro-developmentally informed ways to cope, to connect, and to help our children, each other and our community.

LANGUAGE ACCESSIBILITY:

- Closed captions available.

