

Newsletter, March 2020

Resources for Families

We are thinking of all of you during this difficult time of uncertainty. Resources such as northtexasfamilies.org and findhelp.org can be beneficial for finding help for immediate needs. CCF also continues to operate our Resource & Referral line at 972-883-4827 or resources.ccf@utdallas.edu to help connect parents and professionals to a broad array of resources for child and family issues.



KERA Education has put together an [At-Home Education Toolkit](#) to help parents and caregivers with school-aged children at home, as well as educators who are teaching children remotely. Access is free and you can find about 60,000 videos, lesson plans, games, activities and other resources for grades PK-12 and all subject areas, and most are aligned to the TEKS and TX PK Guidelines.

Online Research Opportunities for Families

Have you seen the most recent [Netflix series "Babies"](#) (Episode 4 features our 2019 forum keynote speaker Dr. Kathy Hirsh-Pasek!) and thought about participating in developmental research? **Families can help promote developmental science while at home!** There are many child development researchers who conduct studies online and via video conferencing. Some studies offer compensation. Check out this list for [studies with children](#) that take place online and this list for [studies for parents](#) that can be completed without children present.



UT Dallas' [Think Lab](#) is currently recruiting children to help with an **online project** on how children understand Santa Claus. Children must be between the ages of 6 and 12 and have shared skepticism about Santa with a parent within this last year. For more information or to sign up, visit <https://utdallas.edu/thinklab/santa-study/>. Families will receive a \$10 gift card for participating.

2020 Spring Lecture Series Canceled

The University of Texas at Dallas has canceled or postponed all campus events until further notice. As such, our March 27th spring lecture with [Dr. Salena Brody](#) has been canceled. A determination about our final lecture on April 17th will be made in the coming weeks.



CCF's website includes videos, handouts, and presentations from previous lecture series and forums for your viewing. Please use this [link](#) to access our library of child development lectures. Select a year on the left side and browse from lectures given in past years. A video recording of Dr. Jaret Hodges 2020 lecture on "Identifying and Meeting the Needs of Gifted Students from Diverse Populations" is also available on our [website](#).

Tips for Supporting Your Child's Emotional Well-Being during the COVID-19 Pandemic

Compared to adults, children are more vulnerable to the emotional impact of traumatic events that disrupt their daily lives. Here are some recommendations from Child Trends to support and protect your child's well-being during the pandemic:

- Understand that reactions to the pandemic may vary
- Ensure the presence of a sensitive and responsive caregiver
- Social distancing should not mean social isolation
- Provide age-appropriate information
- Create a safe physical and emotional environment by practicing the 3 R's- Reassurance, Routines, and Regulation
- Keep children busy
- Increase children's self-efficacy
- Create opportunities for caregivers to take care of themselves
- Seek professional help if children show signs of trauma that do not resolve relatively quickly
- Emphasize strengths, hope, and positivity

[Read more](#) from Child Trends about resources to support children's well-being.



From the Director

Our world has changed dramatically over the past few weeks and daily changes are disrupting our many senses of normalcy and adding enormous stress. Our thoughts are with all who are experiencing uncertainty, anxiety, financial pressures, and more. Research shows that children's resilience is unparalleled and with our support, they will continue to thrive. They will continue to find magic in everyday moments--from a wiggling worm on the sidewalk to the joy of seeing their caregiver after a night's sleep-- and my hope is that we can find our strength in these everyday moments and use it to fuel our actions onward.

- Margaret T. Owen, PhD, Robinson Family Professor, Director, Center for Children and Families, School of Behavioral and Brain Sciences
