



## The Advocate Update

September 11, 2020



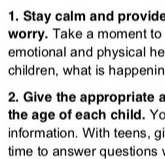
### Supporting Children Returning to Remote Learning

Kids in Santa Cruz County are going back to school in the most difficult time of their lives. The impact of COVID-19 and the wildfires are causing severe detriment to the education of the youth of our community. But there is a lot our advocates can do.

[Learn More](#)

### Tips for Helping a Child Through Crises

While most of us in Santa Cruz County are out of the immediate danger that the recent fires have brought, the effects may still linger. The following document has some excellent pointers to help lighten the load.



The majority of children experience some kind of trauma in their lives. How we manage each traumatic experience will teach our children the life skills of resiliency, strength, hope and compassion.

Children will take cues from the adults to see how worrisome the situation is. Adults need to lead with confidence and assurances that everything is being done to keep them safe. Limit exposure to scary or frightening social media images, especially for young preschool and elementary children.

Find a balance between seeking information and being present for your children. Sign up for alerts to stay informed. Continually check in with your family unit, addressing physical and emotional needs: food, water and validate emotions.

#### Guidelines for parenting through a disaster:

1. Stay calm and provide reassurance to decrease fear and worry. Take a moment to check in with yourself, your mental, emotional and physical health is important. It is important to tell children, what is happening without overly alarming them.

2. Give the appropriate amount of information according to the age of each child. Young children need basic, factual information. With teens, give more specific information and take time to answer questions while promising to keep them updated if they ask for it.

3. Address fears. Children have very active imaginations which can fuel fears out of control. Ask directly if they feel afraid. Remind children that it is okay to be afraid. They do not need to be brave or tough and that it is okay to cry.

4. Children rely on their routines to help them cope. Do your best to keep at least small aspects of your child's daily routine. It will give them (and you) some sense of comfort, consistency and stability.

5. Empower them. Fuel their sense of belonging and significance by asking them to help you take care of important tasks. Allow them to contribute in small but meaningful ways.

6. Be truthful, but hopeful. When asked, "Are we going to be okay?" respond with, "I'm not sure how it is all going to turn out, but I do know we'll get through it together." State out loud what you know for sure, what you do have influence over, and what you are grateful for.

#### After a disaster, it's common for children to be afraid that:

- The event will happen again.
- Someone they care about will be injured or killed.
- They will be separated from their family.
- They will be left alone.

After a disaster, parents should make every effort to reassure children that the event is over, everyone is safe, and that the family will stay together.



#### Common Behaviors after a Disaster. Children may:

- Go through a personality change. A quiet, obedient and caring child may become loud, noisy and aggressive or an outgoing child may become shy and afraid, increasingly clingy, and cry and whine more than usual.

Revert to younger behavior, such as bed-wetting and thumb sucking. They may be overly upset over loss of a favorite toy, blanket, have nightmares or be afraid to sleep alone or with the light off.

Provide extra comfort, hugs, and reassuring smiles. Remember connection is key. Do not be alarmed about their regression; this too shall pass.



### Seeking Request for Proposals

CASA of Santa Cruz [invites proposals](#) from qualified applicants interested in entering into a contract to perform consulting and training services related to organizational equity, diversity and inclusion transformation.

[Learn More](#)

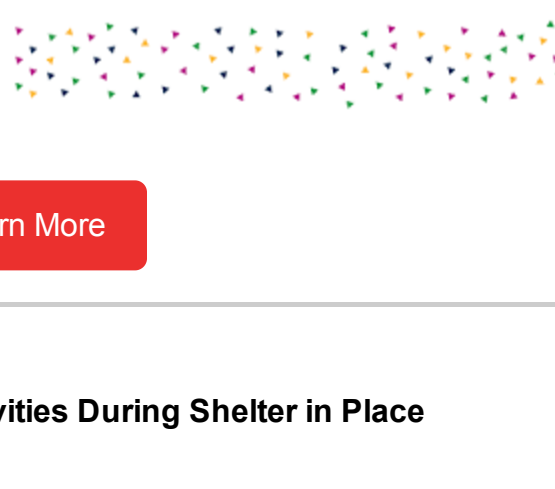
## EVENTS

### Meet the CASA Horse Rooster!



### Hispanic Heritage Month

Tuesday, September 15th kicks off National Hispanic Heritage month. Learn and celebrate with a collection of webinars and activities.



[Learn More](#)

### A Variety of Resources and Activities During Shelter in Place

#### Santa Cruz School District Resources:

Lots of home resources for parents -- museums, field trips, painting, story telling

<https://dlearning.santacruzcoed.org/families/home-activities>

Learning content resources - by subject area

<https://dlearning.santacruzcoed.org/educators/content-area-resources>

LGBTQ resources for families

<https://dlearning.santacruzcoed.org/lgbtq-resources>

Social / Emotional Wellness for families

<https://dlearning.santacruzcoed.org/families/mental-health-and-wellness-for-families>

Free and Low cost internet & internet coverage maps

<https://dlearning.santacruzcoed.org/families/free-and-low-cost-internet>

#### Fun / Interesting animal & nature videos:

Unlikely Animal Friends

<https://www.youtube.com/watch?v=b2Drh0IXG4>

30 Golden Retrievers having a pool party

<https://www.youtube.com/watch?v=WqJ2ODSliw>

An albino moose swimming in the river

<https://www.youtube.com/watch?v=-9WnLz26Bwc>

More Unlikely Animal Friendships

[https://www.youtube.com/watch?v=K\\_FpO5oxn5Y](https://www.youtube.com/watch?v=K_FpO5oxn5Y)

People helping animals

<https://www.youtube.com/watch?v=0eyl9YJ3N4>

National Geographic Exploring Ocean

<https://kids.nationalgeographic.com/explore/ocean-portal/>

Watching a Glacier Calve

<https://www.youtube.com/watch?v=hC3VTqIPjGU>

#### Zoom class games - some are for groups but could modify for 1-1:

Ice breakers

<https://www.youtube.com/watch?v=0yIUga2VB4w>

Guess the Sounds

<https://www.youtube.com/watch?v=n1m4h79JZso>

Guess the Disney voice

<https://www.youtube.com/watch?v=IB0HYM9rPvQ>

#### Learning Resources:

**Kahn Academy** -- lots of great resources here used by millions of teachers and parents around the world. Some resources available in Spanish. Click through the home page video and click on 'Courses' in the top left to get to resources page.

<https://www.khanacademy.org/>

**Free online learning resources by grade and subject** (for when you're trying to help your kiddo with Common Core Math homework and aren't feeling smarter than a 5th grader):

Circle Time - video resources

[https://www.youtube.com/playlist?list=PLsO1jePSb\\_g1hbBk81aZdg9TeFD\\_LLcd](https://www.youtube.com/playlist?list=PLsO1jePSb_g1hbBk81aZdg9TeFD_LLcd)

Common Sense Media -- Open Schools:

<https://wideopenschool.org/programs/family/PreK-5/>

RazKids -- some free samples

[https://www.raz-kids.com/main/CampaignSamples/Id/6/without\\_header/](https://www.raz-kids.com/main/CampaignSamples/Id/6/without_header/)

ABCmouse -- Educational games, puzzles, songs - can try free for 30 days

<https://www.abcmouse.com/abt/homepage?8a08850bc2=T1828500951.1596067166.4588>

Bibliomium -- Age appropriate leveled reading online books -- links to school library

<https://www.bibliomium.com/#parent-sign-up=1596071197>

#### Art/Eclectic:

Kids Art Hub -- drawing & folding paper surprises

[https://www.youtube.com/results?search\\_query=kids+art+hub+folding+surprise](https://www.youtube.com/results?search_query=kids+art+hub+folding+surprise)

Glue Dust Painting

<https://www.youtube.com/watch?v=N1BU5aCKVoQ>

<https://www.youtube.com/watch?v=WEhQIS8570>

View from a giant container crane

<https://www.youtube.com/watch?v=E0RCXNz5RQI&t=64s>

Unconventional Artists

<https://www.youtube.com/watch?v=5zphCHuLUY>

Unique Art Techniques

<https://www.youtube.com/watch?v=iTvpXA15RZl>

#### Coding & Career:

Introduction to Coding

[https://www.youtube.com/watch?v=y5bXW\\_gEJl8](https://www.youtube.com/watch?v=y5bXW_gEJl8)

Coding for Kids

<https://www.youtube.com/watch?v=vQsdfRbrNdk>

Coding for Kids in Python

<https://www.youtube.com/watch?v=uzyiCpsS0qQ>

Girls Who Code -- Free summer coding academy

<https://girlswhocode.com/>

Road Trip Nation Youtube channel - interesting career exploration

<https://www.youtube.com/watch?v=IB0HYM9rPvQ>

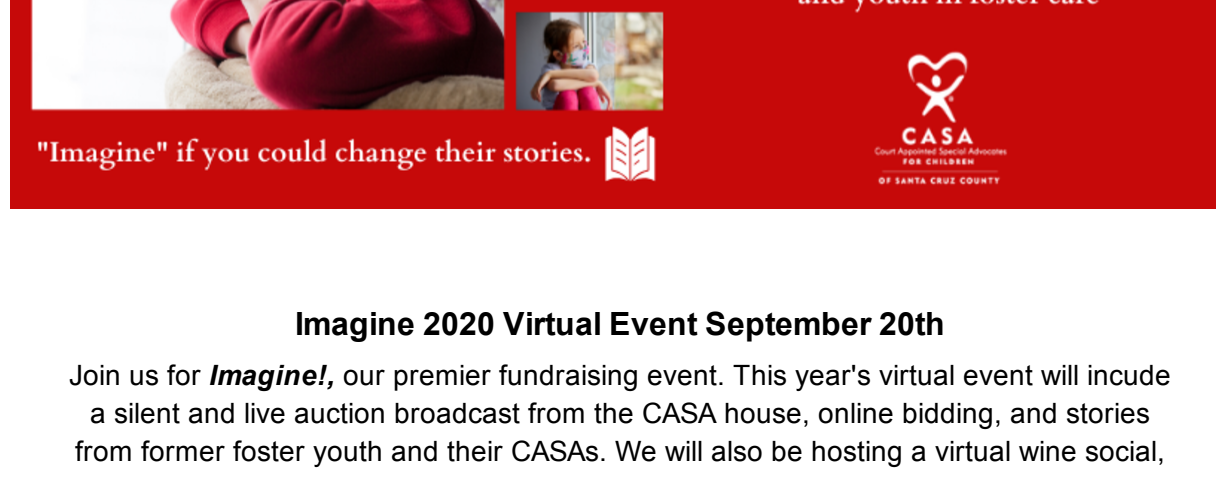
#### Book lists:

American Library Association lists - young adult reluctant readers lists

<http://www.ala.org/yalsa/quick-picks-reluctant-young-adult-readers>

Teen/YA reluctant readers

<https://bookriot.com/20-ya-books-older-teen-reluctant-readers/>

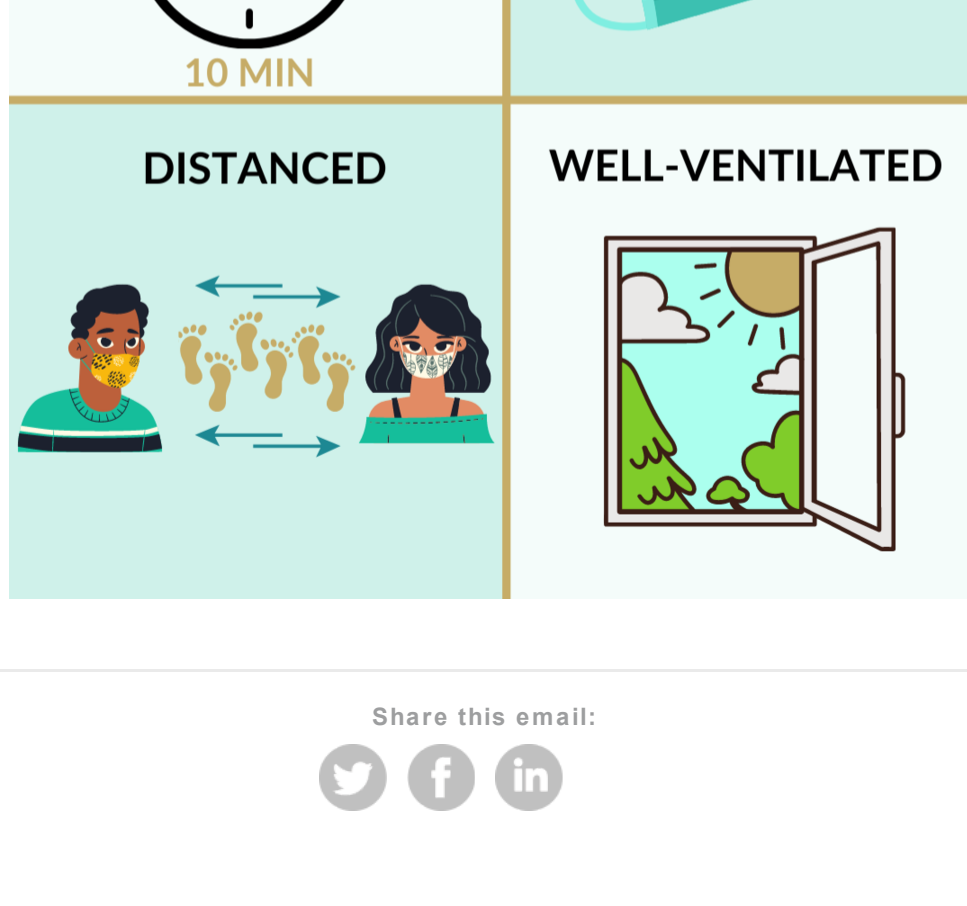


### Imagine 2020 Virtual Event September 20th

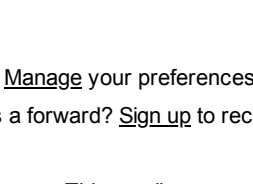
Join us for *Imagine!*, our premier fundraising event. This year's virtual event will include a silent and live auction broadcast from the CASA house, online bidding, and stories from former foster youth and their CASAs. We will also be hosting a virtual wine social, Together in Loving Celebration, 30 minutes prior to the start of the live broadcast.

[Learn More](#)

## ...AND JUST A FRIENDLY REMINDER



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