# Family Engagement Supporting Families during Covid-19

# Send messages of Care



Social distancing doesn't have to mean lack of connection. We know from ACES: Adverse Childhood Experience(S) research that a factor of child resilience is having support and close relationships with caring adults in the community. Reach out to your students/children with a phone call or a short video message, sent by phone or email. It can make a huge impact, when you show you care.

### Offer families a listening ear

We know parents are under a great deal of stress, having children at home. Some parents are working from home. Others are in a new full-time home-schooling role. Call or Email the family just to ask how mom/dad/caregivers are doing personally, with a non-judgmental, listening ear. This support to parents trickles down to the child, encouraging a more supportive home environment.





# **Share Parenting Resources**

Along with sending your families suggestions for educational resources, share supportive parenting strategies. Some suggestions can be found at https://www. pyramidmodel.org/resources/educators-families/families or http://csefel.vanderbilt.edu/resources/family.html



Thank you for taking time to support children & families in our community!

