

What I Wish My Parents Knew:

Frameworks to Success: Adapting to Distance Learning 9/23/2020

Resources and Tips Provided by guest speakers from Military Child Education Coalition and Ashford University:

Ashford University-Parent/Caregiver Resource Link for Resources and the webinar series, "The Dog Ate My Mask" Recordings:

Homepage: <https://www.opensourcedresources4u.com/>

Webinar page: <https://sites.google.com/view/resources4uthedogatemymask/home>

Organization/School Personal Life Balance:

- Create your own personal space to organize your stuff, time, and motivation:
 - Google (free) <https://support.google.com/a/users/answer/9314941?hl=en>
- Create your own personal learning space; personalize it with some DIY flexible seating:
 - Check some of these out, or create your own!
 - Create your balanced headspace:
 - <https://www.pinterest.com/fairydustteach/flexible-seating/>
 - School/work-Life Balance Apps
 - <https://www.themuse.com/advice/6-apps-thatll-make-worklife-balance-a-reality-and-not-just-a-fantasy>
- Create your own personal calm when anxiety hits:
 - Grounding Strategy--
<https://www.winona.edu/resilience/Media/Grounding-Worksheet.pdf>
- Brain breaks throughout the day is so important. Some type of physical activity can provide energy and oxygen to the brain.
 - Resources: Community Resources by Age Groups: [Understood.Org](https://www.understood.org/)
 - Brain Breaks and Schedule Ideas: We Are teachers.2020
- Supplemental Educational Resources and Websites
 - <https://docs.google.com/spreadsheets/d/1hSHknoOZHk3rudwFg19FDZVDR0fvCNTq2afAAtz-VBo/edit?usp=sharing>
- **Our Pact** app- allows parents to pair their phone with your teen's phone so they can monitor social media access. Open conversation about the responsible use of social media.
- Pomodoro Method-a time management tool
 - <https://lifehacker.com/productivity-101-a-primer-to-the-pomodoro-technique-1598992730>

- Ashford's Open Source Resource page for distance learning and parenting during COVID
 - <https://www.opensourcedresources4u.com/>

Military Family Resources-Military Child Education Coalition (MCEC)

- MCEC Navigating Change (COVID-19 Supportive Resource Archive)
 - <https://militarychild.org/programs/navigating-change>
 - Navigating Change Online Learning Series for education professionals
 - Webinars and Podcast Episodes for parents
- School Transitions during COVID-19: A Toolkit for Military-Connected Families-Supporting Your Children's Socio-Emotional Health and Wellness. Developed by the Center for Public Research and Leadership (Columbia University) and MCEC.
 - <https://www.militarychild.org/studenttransition>
- MCEC SchoolQuest-is an easy-to-use interactive tool specially designed to support highly mobile military families and students manage school transitions
 - <https://schoolquest.militarychild.org>
- MCEC is the national advocate for the Purple Star School Program
 - <https://www.militarychild.org/purplestarschools>