



Prepared parents. Healthy families.

## April Parent Newsletter

### Dear parents teaching children at home:

You are enough for your children. Yes, you are, and you're doing great! Not so sure? Who does your child go to for comfort when they are hurt or sad? **You.**

Right now, in these uncertain and changing times, [you are enough](#). What you do during these days and weeks won't matter as much as being present for your kids. There will be no rewards for the parent who does the best science projects or most math worksheets with their kids, or even for turning every tantrum into a silly song to make everyone happy again. Nope, no rewards whatsoever. In fact, your kids probably won't even remember those projects or songs. But your kids will remember one thing – that [you were with them through this scary time](#).

Kids who are supported by caring adults will thrive, period, no matter what negative and scary stuff happens. It's not afterschool programs, sports games, or cultural experiences that make a difference. Those are all wonderful and amazing and enriching, but that's not the key. The key is [parents who show up](#) for their kids, plain and simple. You just have to be there to help them feel secure, no matter their age.

By the way, this isn't about physically being with your kids 24/7. You can work full-time and still be present for your children and their needs.

### Childcare for Essential Workers

[Pollywog](#) and [211](#) are here to help you find childcare. The childcare landscape is changing daily and we stay informed so we can support you.

Our staff can advise you on where to find certified emergency childcare centers and which have openings for children of all ages.

For childcare questions, call Pollywog at 541-917-4884 or 2-1-1.



### Three Ways to Show Up for Your Kids

**1** [Make a routine](#), but be flexible. At a minimum, try and keep regular waking, meal, and nap/bed times. A little structure will help to make sure hungry and tired aren't the reason for tantrums, and helps kids know what to expect. But if a Candyland game is running 15 minutes over bed time, it's ok. Add plenty of time to play, explore, and be 'bored' enough that creativity kicks in.

**2** Talk with your children about their feelings. Make sure you know [what they can handle developmentally](#). Teach them words to name their feelings, and name your own feelings for them when you feel sad or frustrated or otherwise. Talk to your child with the same respect you want them to have for others – with empathy, compassion, and validation for their feelings. Shauna Tominey, from [OPEC](#), suggests that parents use the relationship with their child to "teach them [how to treat others](#) and how they should expect to be treated by others."

**3** Remember, children are always learning! There are limitless ways for children to learn and explore, and [Pollywog](#) is going to be sharing resources regularly on [Facebook](#). Don't overthink this - slow down, keep it simple, and let your kids lead. Continue to practice basic skills – letter sounds, division, whatever, based on their level – and then let them use extra time to dive deep into a topic they find interesting. Guide technology use around that topic, like [audio stories](#) about princesses, [TED Talks](#) about firefighters, or [Google's Arts and Culture](#) to learn about dinosaurs.

## And Three Ways to Show Up for Yourself

**1** Make a routine for your day, and prioritize your wellbeing. If you are worried or stressed, you kids will pick up on it. Self-care is more than just a buzzword - [it's an absolute necessity](#). If you need a shower in the morning to be ready to face the world, then prioritize a shower in the morning. This is going to be more difficult for single parents, but you can make it happen with planning.

**2** Talk about your feelings! Name your feelings in an age-appropriate way for your children, and then share them with other adults. Text, calls, email, Facebook, even a journal are ways to keep those emotions from building up inside. It's as important for your kids to know you are worried or stressed as it is for them to know you are happy or content.

**3** Keep learning! Model exploring interests for your kids by finding something you can dive into as well. This can be yoga, training your dog, baking, reading history, remodeling your bathroom, planting a garden – the options are unlimited.

### The Linn/Benton/Lincoln Community

Our communities are changing and families need support more than ever. Pollywog and Family Connections are finding new ways to support the families of our community.

On [Pollywog's Facebook page](#), you can find regular posts with ideas for your day at home, support for parents' mental well-being, and ways to connect with other parents.

On [Pollywog Family's website](#), you'll find information for Family Connections' "[Live and Learn](#)" classes. These weekly parent/child classes are now happening online! Meet other families and learn how to support your child's emotional, physical, and intellectual development through songs, activities, and group discussions. Financial assistance is available.



## Free Digital Finds for Families

There are so many options beyond Netflix, YouTube, and Hulu for entertainment and education. These are all FREE online resources!

- [International Children's Digital Library](#)
- [Apps for Parenting](#)
- [Free Kids Stories from Audible](#)
- [Big List of Children's Authors online](#)
- [Draw with Rob](#)
- [Virtual Museum Tours Worldwide](#)
- [Khan Academy](#)
- [Brain Boost - Beaverton School District](#)
- [Virtual Circle Time - Family Tree Relief Nursery](#)
- [Lakeshore Learning Free Resources](#)
- [Scholastic Learn At Home](#)
- [English Language Lessons for all ages](#)
- [Ballet Lessons with NYC Principal Dancer](#)
- [Dance lessons from Debbie Allen](#)
- [Storytime from Space](#)
- [Oregon Zoo YouTube](#)
- [Mystery Science](#)
- [Encantos Learning Hub](#)
- [America's Test Kitchen Little Chefs Club](#)
- [Pest World for Kids](#)
- [Turner Classic Movies](#)
- [Oregon Aquarium Live Cameras](#)
- [Kiwi Co Free DIY](#)
- [1,001 Ideas for Kids](#)



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