

## School, Snacks, Safety, and Sanity: Part 2 of Government Resources for the Smallest Child to the Teen and in Between - Transcript

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Please stand by for realtime captions.

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Hello Kathy, are we ready to start the webinar? It is recording.

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Hello, good afternoon and welcome to FDLP Academy webinar, GPO - School, snacks, safety and sanity: Part 2 of government resources. This is Kathy Carmichael . With us is the documents court Nader at Pontifical Catholic University of Puerto Rico. I will walk you through housekeeping. If you have questions you would like to ask or you have technical issues, please feel free to enter them into the chat box. Some on desktop computers or laptops? It is in the bottom right-hand corner I will keep track of the questions that come in. At the end of the presentation, we will respond to them. We are recording today's session and will email a link and slides to everyone who has registered for the webinar. We will also record your participation. Using the email that you used to register for the webinar. If anyone needs an additional certificate with multiple people watching with you, please email us and include the title of the webinar, along with the names and email addresses of those needing certificates. Desktop computer and laptop users can click on the full-screen button in the bottom 10 side of your screen. To exit full-screen mode, mouse over the blue bar at the top of your screen to expand. And click on blue return button to get to reduced rained. At the end of the session, we will share a webinar satisfaction survey. We will let you know when the survey is available. And the URL will appear in the top box. We appreciate your feedback. Including comments on the presentation and the value of the webinar.

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Good afternoon everyone and welcome. This is my first slide. A few pictures of my second home, hopefully again soon. I am sure many of you are in the same

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, working from home or working partially at home and partially in the same

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. I hope we get a resolution soon. One day, I get to go back home.

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In the meantime, let's get started. This is GPO - School, snacks, safety and sanity: Part 2 . Government resources for the smallest child to the teenager and in between. I want to highlight things I did not cover in the first part of the webinar. And then, at the end of the session go live so that you can see the resources and information I am talking about.

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For today, I will talk first about the federal laws that protect children. And, various situations, of which there are many of them. And for more information about safety and nutrition. Predictability, regarding COVID-19 and schools reopening. And, our children. And, information on the government website, which has fun resources for children. And I will add a little bit about mental health because all of us know that mental health has a large and growing concern . Particularly for our children with COVID-19. I will add schools and educational resources. I will end with resources and having fun. I included the first picture because it is very much how my household feels in recent months and weeks. I am pretty sure that all of you are also trying to deal with your child, in my case, when children and working from home. And, finding it interesting and crowded.

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Let's start with laws and legal issues. There are numerous schedule laws that deal with child welfare, child protection and also, with adoption issues. There are also state laws and international laws. The

three addresses, and in time, we go to all of them. They contain information on those topics for federal laws.

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I included screen shots of each. At Congress.gov you can follow and go to any past legislation. You can follow any current legislation from the time it is introduced until the time it is passed or not past through Congress of the United States. Congress.gov is a joint project of the publishing office and the Library of Congress. It is a one-stop service for finding legal information. There is the Congressional research service, whose reports are included within Congress.gov. The Congressional research service is the reports that are requested and conducted for the United States Congress on various topics. The topics include numerous reports about children. You will see on the screen, use of group care for children, missing and exploited children's program and child welfare. There is a lot of information in the Congressional research service on the health and well-being of our children.

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Finally, there is the catalog of government publications. Which those of us who are document my brilliance use quite frequently. This is the catalog of everything GPO catalogs. It includes laws and committee hearings and legal information about children in all of their aspects. I want to give you an example of how complex the law situation is. I urge you, if you have a user or a client in a situation, and I can name several. Children are being abused. Where they have seen a situation with a neighbor or a friend, where they may have information of what they think is child trafficking. Where they are trying to do an adoption. The complexity of the intersection of loss. It means you can guide clients and users to the site. I think it is also why you give them advice before they act in any situation, to seek legal advice from someone who is versed in the law in the situation they are looking for. I will give you a personal example from experience. My husband and I have an adopted son from the Dominican Republic. That means that our adoption wound up including Puerto Rican, the equivalent of state law. Immigration and naturalization. The Department of State, which have federal laws. Regarding and regulating adoption. And the law of the Dominican Republic where we adopted our son. We started out and set will not deal with the law and do it ourselves. In retrospect, it was not a great idea. That is my advice. Because we want up dealing with state law. A home study and psychological evaluation and eventual approval to adopt. If you are going to cross state lines, you begin to get into federal law. If you are going to do what we did with international adoption, immigration and naturalization regulates hurt of international adoption and Department of State has other laws. It is with immigration and naturalization that you have to request permission to adopt to graduate. Including touring and turning in state documents you completed you can get prior permission to adopt in the country where you intend to adopt. The Department of states will then be the agency that regulates you receiving a visa to leave that country with your newly adopted child the communication between the two agencies is not always perfect and, in our case, and this is where we did higher the lawyer. Simply because we had no way of able to advocate the laws of the Dominican Republic. When we adopted our son. We also had to meet the adoption agency in the Dominican republic. Whose loss were similar, but somewhat different to equivalent state laws in Puerto Rico. That is the happy ending of the story. Our son was eight days old when we picked him up. He is the father of five. The story has a happy ending. I didn't want to use it as a personal example that I know about complex navigation of the laws that exist for children. I will go live later. I had a user who came in to ask for information. My advice is I will show you where you can search, but if you are in a situation where you are involved with a child in any difficult situation, please seek valid legal advice.

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There are also various safety and nutrition resources for children and teenagers. Right now, in the midst of COVID-19, while keeping children safe and in turn keeping grandparents safe, it is important and I know that we have all seen and heard the news reporting on children, because they are using

participating in school Kristen Gallant programs, are having trouble getting sufficient nutrition and whose parents are having trouble because they have lost jobs. They are struggling to provide food. And having trouble feeding their children. Right now, both safety and nutrition issues are serious ones.

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The CDC -- in fact, I was surprised. I went to the CDC yesterday -- they have revamped somewhat. With the incoming administration. There is a page under the COVID-19 advice. There is a different page for children and teenagers and young adults. We will go to the site and take a look at it. It includes advice about keeping them healthy. Returning to school. Dealing with multi generational households. That is very important information right now. In part one of the webinar, I talked about nutrition. Of. The U. S. FDA part of nutrition. I will go live later today. The first one is the educational part of S.N.A.P., supplemental nutrition assistance program. It has been variously known as food coupons, food money checks and at one point when my husband and I were young students, we wound up having to participate in the program. And, there was actual food distribution instead of the current bank card on which funding is put. And you can go to [MyPlate.gov](http://MyPlate.gov). They are very useful resources for nutritional needs of children. Ideas for how to do that and we will take a look at that.

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Moving on. I covered some of this in part one. Children's and teenager resources for school and education. Parents right now, I suspect, and grandparents, aunts and uncles. Almost universally across the United States, are struggling to try to cope with their own workload. Women have been disproportionately affected in order to deal with educational and childcare needs of their children. Having another particular resource highlighted for educational information, which is that national endowment for the humanities.

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There is a site called [EDSITEment](http://EDSITEment). it includes lesson plans and teacher guides. And, numerous educational resources. It is not as well known as other sites which provide those resources.

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Mental health resources for children. I have listened to several news reports indicating, talking to local schools, school principals, superintendents and teachers. Unfortunately, there is a height incident of suicide among our children and teenagers that has much to do with our isolation within the Covid situation. We will go look at some mental health resources that are available for mental health from the national Institute of mental health.

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Finally, we will highlight a few things that are fun things for being home and looking for something to do and staying safe. The United States census provides learning activities for children that have to do with the census. In particular, I am statistically impossible. Statistics for me, is insanely difficult. This slide is [census.gov](http://census.gov). They have a program called statistics and scrolls. Parents can make use of it and it engages children and it helps them to understand statistics. It is an amazing program. If you do not already know about it. And NASA at home is all kinds of fun information from images to videos. From the national Aeronautics space Association.

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Another highlight and I will go to this site. Assuming we have time to do so. [Mymoney.gov](http://Mymoney.gov). I don't know how many of you know of the site and by the consumer finance production Bureau. It has been ours, information and checklists and sheets to fill in to help adults and youth learn how to manage finances. It is a nice site. It is a lesser known site.

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Oh, the places you'll go. I will share the screen and we will take a look. As always, if you want a copy of the actual PowerPoint, I will happily submit to you. Once you put it into slide show, the links are live. If

you want a copy of the PowerPoint, please send me an email. As always, I will send it to you. I will share my desktop.

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The first one is Centers for Disease Control. Under the COVID-19 tab. The advice for children, teenagers and young adults. It is information on keeping kids healthy. There is information about hand sanitizer's packaged to look like food. There is a warning here. And they are planning for school. A checklist for going back to school. Information for parents, teachers and going back to school. Information on helping children at home. Information on living in shared housing for multiple generations. There is information here with coping and support kits. I will go through a few of these so that you can get an idea about what they look like. Let's look at the decision-making tool. I am sure many of you are parents and are wondering how and when and what is the criteria for sending children back to school? Let's take a look. Making decisions about children attending in person school. As of December 30th, this was updated to include new information and information and if you keep scrolling down, is the checklist you can go through to determine what your child and your families need to send children back to school. Starting with coping 19 at my children's school. Level of COVID-19 in my community. I give an example with 22 cases are 5% positive or higher and the positivity rate is around 10% it may be of red flag for not sending match-up back to school. Much of has an underlying condition. Somebody who cares for my child and is at increased risk for severe Thomas you can demo the full interactive decision making tool to way going back to school. One useful resource there from the Centers for Disease Control. I will go back and also take a look at the Centers for Disease Control. They are providing a parental resource kit for helping with social, emotional and mental well-being. As we know, after 10 months or however long it has been, it is a concern for all of us. I click on this and I get the parental resource kit. It is provided by early childhood, childhood, adolescence and young adulthood. Many of us know, Catholic University where I work, our classes are all virtual. That means many, if not most of our undergraduate students are living at home with family. Which has all kinds of implications for returning to school and is hard to get schoolwork done. Here is access to the CDC resource kit for helping with mental health and emotional well-being for our children. I will close out the CDC. I will move on to the national Institute of mental health. Which also has put out lots of information about coping with mental health. And mental health issues during COVID-19. Including links at the top of the page with information on Covid in general. This particular page offers resources that can be shared on child and adolescent mental health. I think there is a help page you can visit. Here are resources available. Might mental health: do I need help? In this case, there is a link to making this available in Spanish. The next one up, I am so stressed out. Is it stress or anxiety? By the way, all of the sudden, I will say it factually. Many websites that had made it much more difficult for information in other languages, indicative of the Spanish. With the new administration, it has become easier to find and to get to. 100% of my users speak Spanish. I think it is a good. That is all that I will say. All of the resources from the national Institute are also, in general available in Spanish. For those of you who have users who speak Spanish, so that you get an idea of what it looks like in Spanish. It is the same brochure, but translated into Spanish for those who need the information in Spanish. Just so that you have an idea that the resources are there and available. Frequently, the CDC also makes available information in other languages. That are not necessarily Spanish. That is a look, a quick look at the national Institute of mental health and their information.

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Now, we will go to one of my favorite sites. It is MyPlate .gov. Every January I logged in and download information about portion size and I put it on my refrigerator. I am going to actually do this. Do I always fail? Not always. I am aware of the information it sets, more or less. I make an effort to eat a little more healthy. If I do not always follow the portion sizes. The current MyPlate .gov is a replacement for what used to be the food pyramid. For me, MyPlate .gov very much what those of us in my age range were taught as children with the basic four food groups. The government made a decision to go back to this

because the food pyramid was so complicated that most people would not even attempt to use it. And MyPlate.gov return to the basic ripping of food that makes it easier to use. I will go to life stages. If I pull down the menu there are numerous lifestages to choose from. Infants, toddlers, preschoolers, kids etc. I will go to teenagers. Currently, teenagers are a large problem in terms of nutrition. We will see what is here. Make healthy choices. Here are resources. There is an app to start simple . There is a link for healthy eating's for teenagers. A guide for teenagers. Food and fitness. A dining decisions up for making healthy choices for what you are going to eat. And where to go for the information. I will go to the healthy eating for teenagers. Eat a variety of foods. Very simple. Build strong bones. And MyPlate is based on dietary guidelines for Americans. You can download the MyPlate app. Start simple with MyPlate app . You can set goals for the different food groups. And how you would like to eat. You can see your progress in real time. You can earn badges that celebrate your success. I have not earned any yet, but I am working on it. The MyPlate .gov site will provide information on eating healthily. And provide information for doing that. It also offers numerous resources. And it is in rentable form. I will go to print the turtles to give you an idea of what you can print. You can choose your audience. I have grandchildren. Any topic will be fine. I am going to tell it activity sheet. I am going to search. Here I have for children five through 12, a number of down loadable and printable fact activity sheets. Having to do with healthy eating. There is a crossword bubble puzzle. A worksheet for fruits and veggies. There a coloring sheet in Spanish. And a coloring sheet in English. This particular one that I downloaded for six and 5-year-olds. And I will have them caller it. There is a word scramble. There is grocery store bingo game. There is MyPlate menu plan. That one backfired. One loves charities with talk -- Cheerios with milk. It is healthy, but not something to eat all of the time. Just so that you have an idea that there are numerous resources available to use with children. There is something different and a change from schoolwork. At least beginning to learn healthier eating habits. There is information for professionals. If you go to MyPlate kitchen you can get all kinds of recipes, including videos for recipes. 20 minute chicken Creole. Two step chicken. They will also tell you, what of the things that is nice. Along with the recipes, you can search and find resources. You can switch to Spanish, but when looking at a recipe, it gives you a clue with a \$for how expensive were inexpensive the recipe is. So that you are looking at inexpensive or moderately expensive recipes. It will give you an idea of what your recipe is going to cost. And for planning purposes for eating on a budget. Which most of us do not have unlimited food budgets. That is a good thing. You can use the tab for total cost and limit the recipe site to only inexpensive recipes. If my budget is seriously limited, I have the option. I can get more calcium, limit saturated fat and reduced sodium. I can limit to my cooking equipment. Let's say students, who are living in places where they have limited cooking equipment. You can limit it to recipes with no cooking required. It is a useful site with a font of information. It is well-designed. It is easy to get to. Even though I have not exclusively used to, I have made my diet healthier. I do recommend the site.

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This is Kathy. Could you go fullscreen?

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On my computer I am looking at, it is fullscreen. You may have to help me. I do not know what I can change to make it better. ? I look at it, it looks full-screen to me.

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If you scroll to the bottom, the lower left-hand corner has a fullscreen option.

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This makes it worse.

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We will have to make do.

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I do not see anything of the bottom of my screen. Let me stop sharing because I do not see anything. I will go back to the presentation and make it to full-screen and they go to sharing and see if it works. With somebody please tell me if that did it? If I am in fullscreen now? Is that better?

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Jane, it looks full to me.

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Okay. I stopped sharing and went back in my presentation full-screen. Somebody else says it looks fine. Unless there is something else that you know to do quickly. For the next webinar, we could schedule a practice session to figure this out for those who are having trouble. In the meantime, I will continue because I do not want to run out of time. This is the USDA Food and nutrition service. This is the educational part for the snap back from S.N.A.P. a couple of students I know are receiving the program. They had someone tell them about it and they told me. That is how I know that these educational materials exist for people who are receiving this go they are specifically designed for recipients of S.N.A.P. program. There are stretch your food dollars. Find healthy recipes. Order nutrition education materials. Read court nutrition messages. I was unaware until a couple of students clued me in that local offices of the program told them about the educational materials for the S.N.A.P. program. If you get a chance, it is worth exploring so that you can pass information on to students and users who may be part of the program and need the information. I will quickly pass through the others.

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This is eight page of national endowment for humanity. They are right now highlighting their 50th anniversary. They are highlighting resources and lessons for Black history month. They have lesson plans for all grade levels. Under a number of subjects. All dealing with humanities. It is not a science site. Let's say I am a kindergarten teacher or elementary school teacher and I can click here. There will be lesson plans that I can use. Here is one in Spanish. One about amazing Americans. About where I came from. The site is oriented toward cultural and historic. And about which arts. A lot of material here. It is something that parents can make and teachers can make. Here are guides. There are media resources. You can find videos here. I need to remember that. There is a wealth of information. And educational from the national endowment. Moving on quickly.

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Mymoney.gov. In this case it has a lot of information for adults as well. Here, there is information for kids and games about money. Information for parents and kids and information for high school students on saving money and projects at have to do with managing money in the real world and preparing for your education and the goal of my money.gov is to make citizens more aware of using the financial resources that we have in a responsible way and it is a site that I don't need to explore. Every once in awhile I will get an email say we are doing another webinar and is like it is worth exploring. I will not go looking through the entire catalog. I think most of us know it. And I pulled up the Congressional research service catalog as well which is part of Congress.gov. I will put in child welfare to illustrate the number of reports for information that does exist there are 198 reports that have been done in some measure in some way for Congress about child welfare. That are available in PDF format to download and share with your users or to explore yourself. With that, I will hit stop sharing. And go back to my presentation. I will give you the advice of search. If you need information or your users need information, it is there. Go look for it. At the site and any others that you can find. There is a lot of material that I have not covered in the first part. And finally, thank you very much for being here and listening today. With that, I'm open to questions or comments.

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Thanks so much Jane, that was very interesting.

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Thank you, it was fun.

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Julian says research is missing from the library. And you have thoughts on that?

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I am sorry. She.

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I think a lot of the resources from library school curriculum.

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I do not know for library school education. What is getting offered in government documents? I never took government documents course. What little there was about government documents was in that it in a few hours of reference resources . ICEs backed, and I worked for many years as a school library and before I did government documents. I this backed that very few school brands, because I was not -- I was a school librarian for years. The wealth of information for school aged children that exists in government resources, I note that locally, I reach out to schools and I have contact with the school library . And I have done webinars into conferences. I have done presentations for the local groups of teachers on government resources. I intend to send to a group of friends and contacting the school library and situation. For library school curriculum, is there anybody else out there who has any idea whether or not children's resources are covered , let alone from government resources for children?

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This is Kathy. It doesn't seem like that long ago. It was 2000 10. Andrea Morrison was the instructor. And she did go over some sites. I medially passed it on to my daughter. I am not sure. It seems like there were documents and is becoming more rare in library school curriculum. That is my opinion. There are some that still offer it.

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Any other comments or questions? I have seen comments St. sadly, government information is missing. Any other comments or questions? How did I end up in Puerto Rico? I married a Marine biologist and 40 years ago, when I was six months pregnant with our first son he came home from an interview and said, I get to be a Marine biologist and speak at the college. How fast can you pack and moved to Puerto Rico? We can go for two or three years. That was 40 years ago. That is how I wound up here. Anybody else? It looks like you have a couple minutes to close out. Kathy? Did we lose Kathy?

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I'm having a problem with the mute button. Amelia when you get the email for the certificate there is a PDF of the PowerPoint.

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I will put my email into the chat box and it is also in the presentation and if anybody would like the actual PowerPoint , which is easier to edit and do with, please feel free to email me and I will send it to you. If you like part one, let me know that also. When you get the email that you attended, your certificate is there.

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Could you send out the link for the survey please?

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[ Event Concluded ]