



RESOURCES TO SUPPORT FAMILY-SCHOOL ENGAGEMENT

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Background

The ongoing challenges brought on by the COVID-19 pandemic are continuing to substantially impact educators, families, and students. Continued disruptions to in-person learning have put pressure on educators and families alike, which has led to reports of burnout across the board.^{1,2} We also know that students' social and emotional well-being has suffered during the pandemic.³ Therefore it continues to be important for schools and families to strengthen their relationships and work together effectively to promote positive outcomes for children.

To assist with this work we have curated lists of resources for schools to support family engagement and resources that schools can provide to families directly to help support them in supporting their children. Now more than ever, it is critical that schools and families continue to strengthen their relationships and effectively work together to promote positive outcomes for children.

Resources for Schools

The resources in the table below can be used by schools and educators to support families:

Resource	Description
Making Families Feel Welcome (Greater Good in Education)	An evidence-based list of methods to help families of all backgrounds feel welcome in the school community.
ABCs of Family Engagement (WIDA)	Outlines key elements of strong family engagement practices and ways to build relationships with families.
The Eight Ps of Parent Engagement (NEA)	A guidance document for educators making outreach decisions to increase parent engagement.
Less Jargon, More Grace: Using Language that Parents Understand (Edutopia)	Provides examples and tips for simplifying educational communication to make information more accessible to families.
Building Better Relationships with Parents at the Classroom, School, and District Level (Edutopia)	Provides suggestions for educators at all levels of the school system to effectively engage families.
A Strategy for Building Productive Relationships with Parents (Edutopia)	Describes how reaching out to families early in the school year with positive messages can help to form effective home-school partnerships.
The Power of the Positive Phone Call Home (Edutopia)	A teacher describes how she uses brief, positive phone calls to make connections with families and improve student outcomes.
How to Coach Parents Who are Teaching at Home (Edutopia)	Strategies for coaching families on ways to support their child's remote learning.

Resources for Families

The resources in the table below can be provided directly to families to help support their needs:

Resource	Description
Physical Activity Break Cards for All Ages (Alliance for a Healthier Generation)	Simple, printable physical activity cards to help integrate movement breaks throughout your child's day.
GoNoodle Family Club (GoNoodle)	A free website (with available mobile app) that includes videos and resources for families to use with their children for physical activity breaks, relaxation, and supporting successful routines.
How to reduce stress with the 2:1 breathing technique video (Tufts Medical Center)	A video explaining how to destress using a simple breathing technique that can be used by adults.
Mindful Breathing for Adults (Greater Good in Education)	A how-to guide on mindful breathing for adults.
Guided Relaxation Exercises (Children's Hospital of Philadelphia)	A webpage that includes a video and recordings of guided relaxation exercises, including progressive muscle relaxation, for both adults and children.
Reduce Stress through Progressive Muscle Relaxation (Johns Hopkins Rheumatology)	A video demonstration and script walking through how to engage in progressive muscle relaxation that adults and adolescents can use.
Brief Body Scan (Greater Good in Education)	A how-to guide for adults for a mindfulness practice that relaxes various parts of the body.
Special Playtime (CDC)	Describes how to use playtime as an opportunity to improve communication with your child and encourage positive behaviors.
Family Bonding Activities (Alliance for a Healthier Generation)	A printable collection of family bonding activities to help build your child's social-emotional health and wellbeing.

Additional Resources

[Alliance for a Healthier Generation Parent Resource Center](#)

Includes resources for parents to support both their children and their own self-care.

[CSCH Brief: Stress in Family Caregivers of Children with Disabilities](#)

Brief that contains information/resources about stress for caregivers of children with disabilities.

[NASP Care for Caregivers: Tips for Families and Educators](#)

List of strategies to support caregiver self-care.

[Responding to COVID-19: Simple Strategies Anyone Can Use to Foster an Emotionally Safe School Environment](#)

CSCH Brief that contains strategies for fostering an emotionally safe environment for children, families, and schools.

¹ Chang, A. (2021, December 22). 'Teachers are drowning' as they deal with students acting out, low staff and COVID. Retrieved from: <https://www.npr.org/2021/12/22/1067024858/teachers-are-drowning-as-they-deal-with-students-acting-out-low-staff-and-covid>

² Mir, S. (2021, September 8). Parental burnout: How juggling kids and work in a global pandemic brought us to the brink. Retrieved from: <https://www.theguardian.com/lifeandstyle/2021/sep/08/parental-burnout-how-juggling-kids-and-work-in-a-global-pandemic-brought-us-to-the-brink>

³ U.S. Department of Health and Human Services. (2021). Protecting youth mental health: The U.S. Surgeon General's advisory. Retrieved from: <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>

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