





Kelsey Cole-Burns, Vernon Area Public Library Kelly Durov, Northbrook Public Library Ann Santori, Lincolnwood Public Library







Be a beacon of support with intentional messaging







Brief increases in heart rate, mild elevations in stress hormone levels.

TOLERABLE

Serious, temporary stress responses, buffered by supportive relationships.

TOXIC

Prolonged activation of stress response systems in the absence of protective relationships.

Infographic courtesy of The Center For The Developing Child at Harvard University.





There's a subtle expectation that parents must find creative ways to handle this on their own. My inbox, social media feeds, and countertops are filled with creative ideas for educating and caring for your kids. Workbooks, games, creative projects and experiments, virtual yoga, virtual doodling, virtual Zoo visits, virtual everything.

I honestly am too tired and stretched thin to read the suggestions, let alone try them. The few I have tried have been met with astounding and fierce rejection by my son.

"The Parents Are Not All Right," by Chloe Cooney for Medium (4/5/2020)





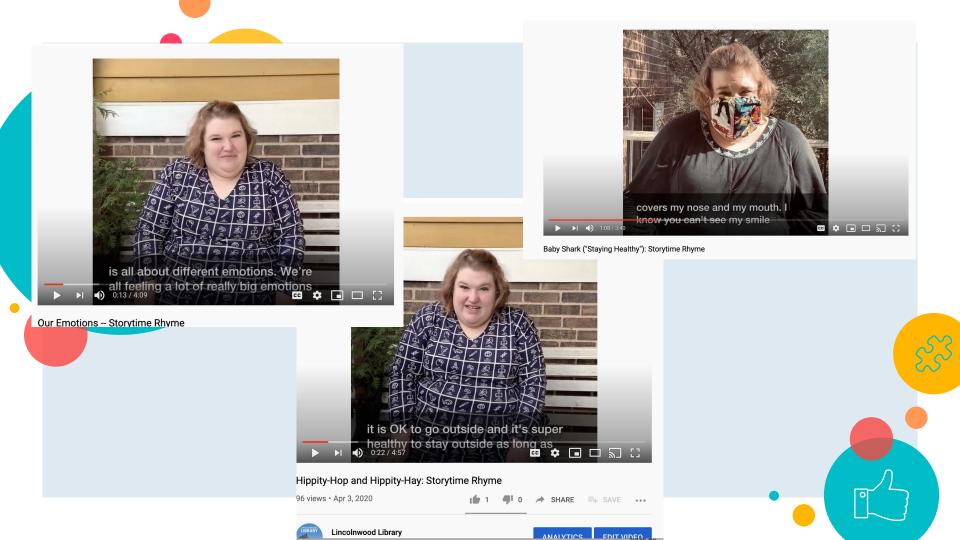
"The more we throw at parents with the message of 'do this...it's good for your kids,' the greater the stress and risk of shame we lay on families who are all just trying to do the best they can.

Remove our sense of privilege and try to see the situation from their perspective. Some parents are still working and having to homeschool their children. For some, access to the internet isn't a sure thing.

How are we supporting those families?"

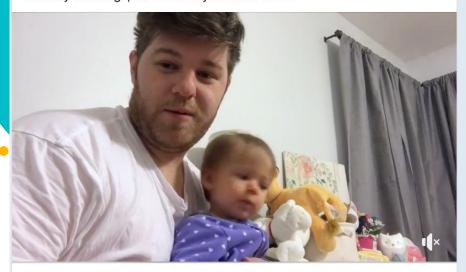


"Digital Storytime, Screen Time and Intentionality - Oh My" by Sue Abrahamson, Head of Youth Services at the Waupaca (WI) Area Public Library, for Youth Services Shoutout (4/6/2020)





Librarian Kevin is taking this opportunity to spend some special time with his baby, Nora. Do you have a baby at home? Does your older child have a favorite stuffed animal to use as their 'baby?' Would they like to 'play' at being your baby again? That's okay, let them join the fun—it's a good stress reliever for kids to want to pretend to be younger again. Join us, Tuesday mornings, for a new rhyme each week.



This is a challenging and emotional time for us all, but we are a strong and loving community . . . even though we are physically separated for an unknown amount of time, we will get through this together.

The resources provided below are intended to help you and your family manage the stressors of our present daily lives.

For questions/comments/etc., please don't hesitate to contact me directly at asantori@lincolnwoodlibrary.org.

Sending you all a big, virtual hug!

Love you and miss you,

Ms. Ann

Helpful Resources

The confusion and uncertainty of this time can be especially hard on children. Here are some resources for helping your child(ren) through:

"Supporting Children in the Struggle Against COVID-19" webinar

"How To Talk To Your Kids About Coronavirus"

Breathe Like a Bear: 30 Mindful Moments For Kids To Feel Calm and Focused Anytime, Anywhere by Kira Willey

Breathe, Mama, Breathe by Shonda Moralis

Meditation Is An Open Sky: Mindfulness For Kids by Whitney Stewart

Britannica for Parents





Give me a break! Check out our new, bi-weekly video series where Lincolnwood Library's Early Literacy Specialist, Ms. Ann, shows you how to harness the benefits of free play for your child(ren) with simple set-up instructions that will leave you free to take a much-needed self-care break!

Ideas for Free Play with Ms. Ann

YOUTUBE.COM

Ideas for Free Play with Ms. Ann: Ribbon Pull Lids

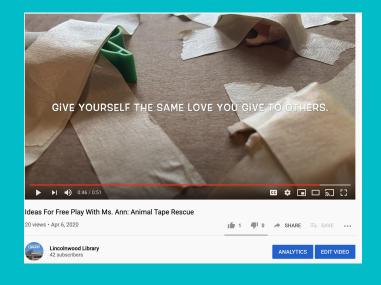
A bi-weekly series video series where Lincolnwood Library's Early...



1 Comment 3 Shares











Create a program that has minimal time requirements for families



Balancing act
Additional workload
Information overload
Feelings of inferiority
Mental stress
Monotony of daily schedules







GOALS

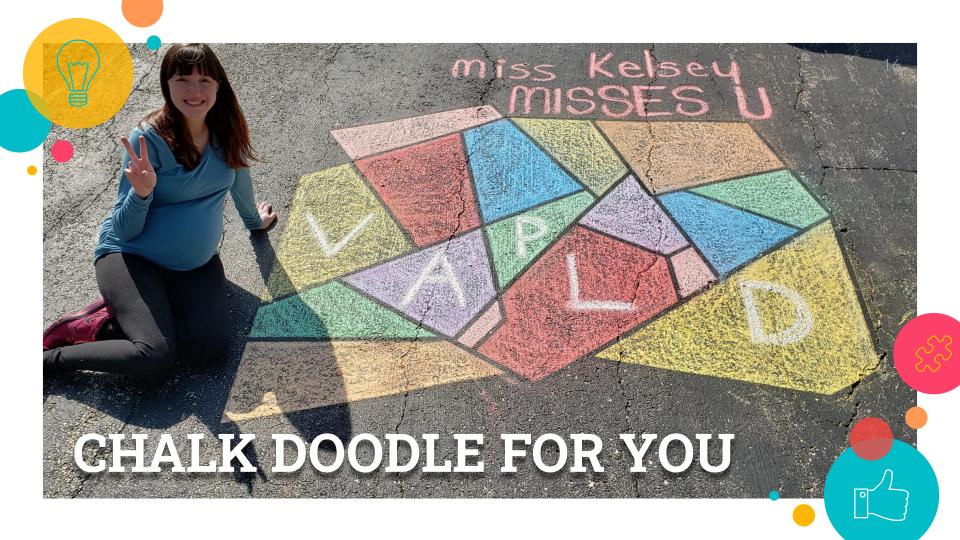
Provide activities that require the least amount of time for families

Personally reconnect with individuals

Make people happy









ENGAGEMENT



- 1. Write personalized chalk messages from our own homes and share them via email
- 2. Write general messages to the public and share them via social media
- 3. Encourage patrons to share their messages back to us



PURPOSE

Patrons: Easy and quick 5-question form

Chalk Doodle for You

Request a special hello from a friendly face at Vernon Area Library for your family.

Just send your children's name(s) and favorite things. We'll create a sidewalk chalk message personalized for them and send you a photo via email. (Limit 3 children per request, please.)

Fulfillment takes about a week (weather and chalk supply permitting!)





PURPOSE

 Patrons: Provide individualized service in time of impersonal virtual connection

 Staff: Provide work activity for non-programming library staff

















PURPOSE

Anticipation upon arrival, tangible connection with a physical letter

Connect families back to the library by replicating informal conversations that they would share when visiting the library.

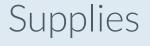
Share a favorite e-book or e-resource in each letter based on the child's interest or age.





Privacy of employees

Privacy of patrons





Seamlessly transfer in-person programs to virtual programs







Spring Read and Share Overview

- READsquared
- All Ages
- Share Books and reviews
- Missions for further engagement





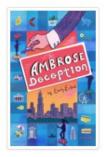


Reading Lists

Reading Lists



O Logout

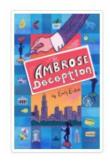


Youth - Bluestem Award 2021 eAudiobooks

These books are great for kids in grades 3-5. These eAudiobooks can be downloaded from Axis 360. The Bluestem Young Readers' Book Award is an annual award ...

[view detail for full info]

Go To Book List



Youth - Bluestem Award 2021 eBooks

These books are great for kids in grades 3-5. These eBooks can be downloaded from Axis 360. The Bluestem Young Readers' Book Award is an annual award given ...
[view detail for full info]

Go To Book List



Youth - Poetry & Novelsin-Verse

This list contains ebooks and eaudiobooks for kids of poetry and novels-in-verse from our Overdrive and Axis 360 collections.



Adult ebooks on Overdrive

Ebooks for adults on the Libby Overdrive app recommended by librarians.





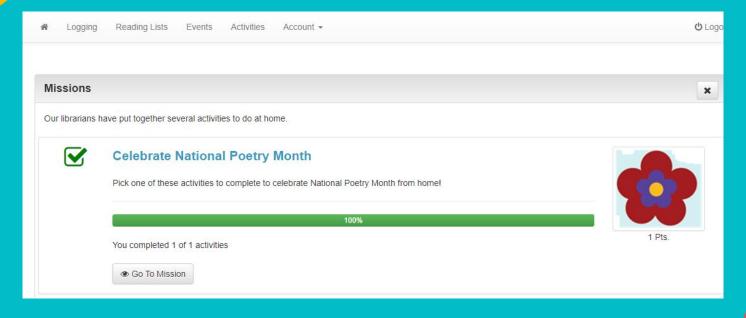


Participant Reading Recommendations

Title	Author		Username	Stars	Stars		
			kdurov		•	All Reviews	
Search Clear							
ok reviews must b	be approved by the I	ibrary before they become	ne available)				
		C TI CI	O(A O: I A - I I I -				
	g archie of The Night Goodman	Sweep The Story (Of A Girl And He	r Monster			
		Sweep The Story (Of A Girl And He	r Monster			
JONATH	AN AUXIER	by Jonathan Auxier	antasy. This book is fea	tured on the Bluester			е
JONATH	AN AUXIER RYOF A GIRL	by Jonathan Auxier ★★★★	antasy. This book is fea on driven, has delightfu	tured on the Bluester characters, includin	g the sweetest		е
JONATH	AN AUXIER	by Jonathan Auxier	antasy. This book is fea on driven, has delightfu	tured on the Bluester characters, includin	g the sweetest		е
JONATH	AN AUXIER RYOF A GIRL	by Jonathan Auxier	antasy. This book is fea on driven, has delightfu	tured on the Bluester characters, includin	g the sweetest		е









Youth

Create a rainbow out of shapes (such as hearts, circles, triangles, etc) to put in your window

Read a graphic novel and create your own four-panel comic

Can you find a robin during a walk? Watch the robin until it finds a worm

Teen

Host a virtual party for your friends

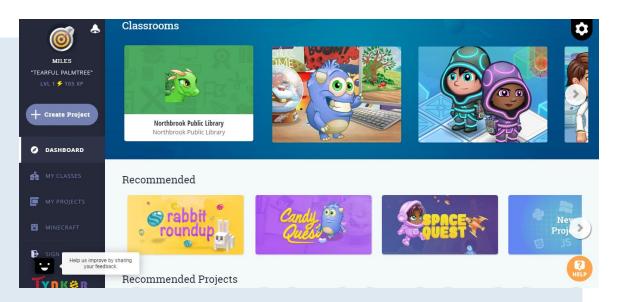
Listen to an audiobook on Hoopla

Submit to teen zine









Grants available for schools and libraries:

https://docs.google.com/forms/d/e/1FAIpQLSebnn8LJ4rCJgUeRAhGDB-2Aqh7j6Xx9lbOXRmB7CtxCHqfug/viewform







Gaming



THU, APR 9

Virtual Jackbox Games (Grades 4-12)

Northbrook Public Library - Northbrook

You like Northbrook Public Library

★ Interested



Gaming







Thanks!

Any questions?

Kelsey Cole-Burns

Kelly Durov

Ann Santori

kcoleburns@vapld.info

kdurov@northbrook.info

asantori@lincolnwoodlibrary.org

