

## **School, snacks, safety and sanity: Government resources for the smallest child to the teen and in-between - Transcript**

Please stand by for realtime captions.

---

Good afternoon. We will be getting started in about three minutes.

---

Good afternoon, this is Kathy Carmichael. I'm joined by Ashley Dahlen. Welcome to the FDLP Academy webinar, School, snacks, safety and sanity: Government resources for the smallest child to the teen and in-between. Today, our presenter is Jane Canfield who is the Federal Government Information Coordinator at the Pontifical Catholic University of Puerto Rico. I will walk you through a few housekeeping reminders. If you have any questions, or comments, on the presentation, feel free to chat them in the chat box. This can be found at the bottom right-hand corner of your screen. I will keep track of all the questions that come in at the end of the presentation. We are recording today's session. And, we will email a link of the recording to everyone who has registered for this webinar. If anyone needs additional certificates, please email. Excuse me. And, include the title of today's webinar and the email addresses of those who need the certificates. If you need to zoom in on the slides, you can click on the full-screen button at the bottom left of your screen. Mouse over the blue bar at the top of your screen so it expands, and click on the blue return button to get back to the full view. During webinar, Jane will be screen sharing, if you need to see the chat window, mouse over to the top of the screen and click on the menu that says chat. At the end of the session, we will share a webinar satisfaction survey. We will let you know when the survey is available. We very much appreciate your feedback. I will hand over the microphone to Jane who will take it from there.

---

Good afternoon everyone. I hope the Coast Guard helicopter that flew over my house is finished with what they are doing and will not be back to cause noise during this webinar. Welcome to our New World, working from home in less than optimum conditions. My picture on the screen is my nostalgic look to where I will go back to work again once the hurricane and earthquake repairs are completed. So, let's get started on our webinar today.

---

Okay. Welcome to school, snacks, safety and sanity. Government resources from the smallest child to the teen, and in between. I realize that this probably going to need a part two. I kept finding information and in their our, hopefully we will do a part two of this. I can include some of the other fun things I found. For those of you who are knew to the world of government documents, how do I go about finding these? I start with searching and various places from the federal government. Starting with the catalog of U.S. Government publications, or the CCP. And I am doing a search for children. I found 14,821 results, for adolescents, 235 and 190 four teens. The clue to finding information in this instance was using the world children. I put up one example here, one of the things that I found. Child protection law enforcement. That's an online resource. Just one example of the 14,000 resources that were there I also searched for information in Maeda Lib. I tell students that MetaLib is like Google, but for government resources only. In MetaLib, a basic search of general resources turned up 700,000 records for

children and 50,000 records for teens. Among the places those records were located was a library of Congress, the USDA library, the environmental protection agency, the catalog of government locations in USA.gov among others. Just a couple of examples of what turned up here, teens and the Internet and by the University of Minnesota extension service incorporation with the government. And it is part of a series called teens online. And, dietary exposure of children to lead which we know is a problem from the EPA publications and newsletters. Another place that I go, always, to look for resources is USA.gov. In case you may need resources in Spanish, you can change USA.gov inns to Spanish and do a search in Spanish. A couple of things that turned up on USA.gov. These are except -- exact copies . One of them was travel information for children under 16 from the United States State Department. A second one from pubmed. A search of USA.gov will bring up a huge variety of resources.

---

So, health, security and nutrition resources are one of the things that are really important for children to keep them healthy and safe and well nourished. I went looking. One of the areas that turned up that is really excellent for statistical and data information is Childstats.gov. They have data available on the state of the well-being of America for children. And, here is an example of health information for teens that I found in the catalog, the government publications. In this case, access and utilization of selected preventive health services among adolescents. And to the left, you will see the title page of this publication as it pops up when you click on the Internet access address for the publication. Another sample , another example from the child protection law enforcement, this is a magazine called in focus. In this case, the issue was devoted to focusing on child protection through law enforcement. Continuing onward to other interesting health, safety and nutrition resources. I did not choose the wording unaccompanied alien children. That is a Health and Human Services designation. And, this particular Internet address takes you to information on children who come across the border of the United States unaccompanied it. It has information about how the situations are handled. The effects of government domestic violence on children and women's help. I think we will heard that, with the pandemic and people being forced to stay at home more, there have been increasing instances of domestic violence. Some of which has been, unfortunately, directed at children. There are resources for helping to deal with that. And, finally, from the CDC, to get away from the COVID information a little bit, the most recent data on treatment of asthma in children. Okay. Continuing resources. There is, with the nutrition.gov, which is an entire nutrition site, there is multiple information for children of all age groups on what the current standards, and information, on good nutrition are. And of course, there is information on COVID in children and teens from the Centers for Disease Control.

---

And, just for fun, I threw in -- I had no idea. I decided to go look, since recently, the congressional research service records have been made available to the depository libraries. I believe they are mostly cataloged in the CGP. I decided to take a look and see what existed, within the Congressional research service records on children. There are multiple reports which were done for Congress on various types of information about children, including use of medications, children who are missing, children in foster care , adoption, there are multiple congressional reports on children available through the Congressional research service. Everybody, right now, with COVID and we are home and parents are having to take on the dual

role of being parents and educators and probably a triple role of working their own jobs. That is certainly true for my children and my grandchildren. So, there are a lot of resources available, from the government, on education and dealing with school. One place to go to look for that information is ERIC, the education resources information Center, for any bill -- if you want to ditch herself age wise, ERIC started as a physical database that was available for education with a published physical catalog. And then progress to Achraf fiche, much of Lewis many of us may still have on hand. And now, it is an online database.

---

The office of educational technology has this nice publication. The parent and family digital learning guide. This is focused on the world of digital, and online learning, it is a useful guide for parents who are working from home and also attempting to teach your children from home.

---

The Centers for Disease Control has put out a number of guides and checklists for parents for back-to-school planning. They are available from the CDC. They include everything from how to back lunches to how to sing your kid safely back to school to win you should send your kids back to school. They are all very interesting and in our current world of code, useful publications.

---

Along the way of looking for information and resources for children, I found some really good things that I wasn't expecting to find in places that I wasn't expecting to find them. I want to share a few those. The first one is the United States citizenship and immigration service. They have a number of publications about education and child care. They are geared towards immigrant parents, who need information about childcare and how the public education system functions within the United States and are for useful resource. I know idea and I think it is wonderful. There is a site called fatherhood.gov which shares information with father's on good parenting and responsible fatherhood. That is a really nice site to find information, if you are I Father.

---

I also found, not strictly government, this is an organization that produces and leads you to sources of rail information for children, for books and magazines. And there are resources for teacher. This is quite useful for children who have visual handicaps. And, my absolute favorite I cannot resist including, I'm having thoughts, if I had only known I could possibly do this with my children, this is literally an article from the Smithsonian magazine called a brief history of children sent through the mail. I did not, first of all, that the parcel post services actually did not begin until 1913. When it did, it suddenly allowed Americans access to all kinds of goods and services through the meal for us, in a world that we currently live in and are very accustomed to receiving packages from the United States Postal Service. It is really interesting to imagine a world in which you didn't get packages through the mail. But apparently, when this started, it had consequences what is parents sending their children through the meal this picture is their actual picture of a United States postal carrier with a child in his mailbag. The first people known to have tried this were a couple from Ohio, who put their eight-month-old son James to send him from their house to his grandmother a few miles away. I thought that was very interesting. Baby James was just short of the 11 pound weight limit for packages through parcel post and his delivery to his grandmother cost his parents \$0.15 and they ensured him for \$50.

The rest of the article, and the references there, is absolutely fascinating that people actually did try to send their kids through the meal if I had only known, living in Puerto Rico, I could've sent my kids to their grandmother in Louisiana, that would have been fun. But, I didn't. I suspect that there are probably laws where you can try this anymore. I thought it was the most fascinating little piece of information I came across while doing the research for this webinar.

---

There are always, particularly within USA.gov, interesting states and local resources, that are part of the USA.gov database. I listed two of them here exactly as a present. USA.gov happens to have one from Massachusetts with information on early education and care and one from Connecticut on rental support services to give a couple of examples of multiple local and state resources that are available.

---

I tried to include, simply because my losers are Spanish speakers, some amounts of information in other languages. All of these came from doing a search in USA.gov the first one are back sheets from the national clearinghouse for the English-language acquisitions are back sheets to help people in different languages. In this case, the fact sheets are in Spanish, Portuguese, French, Vietnamese and there is their incredible variety of languages. They are there under back sheets in NCELA. There is one -- it has to do with adoption and foster care. That explains those options and how you go about them in different areas. And, a final one, in Spanish on -- that takes you to information on the summer program which continues to provide school and other meals for children up to 18 years of age, who need them.

---

The second page is from the tips for teens series in Spanish. I found each of these are in the catalog for government publications. They are all available, online. There are a couple of examples here. One of them in Spanish for teens on using e-cigarettes and one on the use of cocaine. There are a number of others in the series on tips for teens, in Spanish, that are useful if you have Spanish speakers in your library.

---

And, for those of you who are trying to parent, and work, and just keep up with life in general, during our pandemic, let's talk about the preservation of parental sanity. By the ways, ran parental sanity also. First up, mental health and coping during COVID-19. This is from the CDC. There is multiple information and pamphlets on dealing with that. And, I just, just to illustrate it, the GPO, along with providing the library program, they provide a bookstore in which you, or your users, can purchase publications from GPL, if you don't receive them, or if your users would like to have personal copies. There are a number of parenting resources that are available from the U.S. government bookstore.

---

And, okay. Here we go. We are coming to the let's go live part. All, the places you'll go. I cannot steal this picture. This picture is licensed. I am within copyright regulations. Today, it is so the places you'll go as we go live to look at some of the sites that provide information, and resources, for children, and teens. I'm going to start screen sharing and go live first to child stats.gov. Let me see if I can get there. There we are. Child stats.gov. Hopefully, everyone will be seeing child stats.gov. Child stats.gov is a site from the U.S. government which provides annual reports on the well-being of children, in the United States. And, also actual data from

use. Each year, we'll talk about what's new? A few highlights from America's children. And here, the 2020 report on the status of America's children. Here at the top, about the form that exists with child stats. Publications that are put out and help if you need help using the site. Here is America's children in brief, 2020. You can go to the current report. You can go to past reports. And, you can order publications from them, if you like a physical copy of the publication. America's in brief, key national indicators of well-being, they are annual reports. Let's move on to nutrition.gov. Nutrition.gov is the United States department of agriculture site for nutrition. It includes USDA guidelines for college groups, a number of topics. It includes recipes, if you specifically are interested in children, you can do a search here for children. You can change the emphasis, one of the sites within the government that you can change to Spanish, if you Spanish users. Other topics, you can go to topics. And, there are numerous topics. The one that says nutrition by age, it will take you to -- I usually fill out the surveys. But with the webinar, I don't think so. Nutrition by age, you can do infants, toddlers, children, teens, adults and older individuals and find information about healthy eating. I will go to one for children, to give you an idea of what's there. And you got food and nutrition, learning about what keeps your child healthy. Kids corner, kids in the kitchen. Weight management for youth which many of us are experiencing. Overweight and eating a little too much food is a big problem. Let's go to kids corner and take a look at what's there. Here we've got my plate kids place. Some nutritional activity sheets. Let's click on those. Let's see these activity sheets. And here we go. Here is a maze, here is a secret code, there's a crossword puzzle. There is a word search, have fun with fruits and vegetables. There is a whole-grain lesson. There is a whole-grain word scramble. There is making great tasting snacks. There is B.A. fit kid and there's a my plate coloring sheet in English and in Spanish. So, let's click on have fun with fruits and vegetables worksheet. And here we are. A nice activity sheet on finding the names of all these different fruits and then a little bit of an assignment. Name a fruit you would like to try. How would you eat this fruit? Name a vegetable you would like to try. How will you eat this vegetable? Just one example of some of the interesting, and useful things, you can find for children in nutrition.gov. We are going to USA.gov. Next are places to look for information. I have used USA.gov in Spanish. I use it more in Spanish than I do in English. All my users speak Spanish with almost no exceptions. Some of them also speak English. You can switch to English at any point. I will do this in Spanish, just to give you an idea of what happens when you do a search in Spanish. I'm going to use [Speaking a Foreign Language], the word in Spanish for children just to give you an idea.

---

Okay. I get [Speaking a Foreign Language], other places to look. Okay, [Speaking a Foreign Language]. All of these take you to [Speaking a Foreign Language], the snap program which everybody calls [Speaking a Foreign Language], food coupons. And, there will be care of children, [Speaking a Foreign Language], just a sampling here in USA.gov of what does exist on the Spanish site for information, and resources, on children. I will come back to the beginning of the site. I will switch to English. I'm going to put in games and activities, that was one of the things in your registration when I looked at it, that people asked to take a look at. I will put games and activities for children and see what we find. Okay, here we go. Kids, games and activities. Here's one from Michigan, from the state of Michigan. Here is one from the kids corner, nutrition.gov. One from the United States mint. Here is one from NASA. There are

lesson plans and activities from the United States geological survey. Fun and learning for parents and children. This is from Health and Human Services. Activities, games and more from -- stress busting activities for young children. Numerous resources here of games for -- and activities for children. I'm going to take a look here at , let's see. What don't want to take a look at? Let's look at activities from the U.S. Fish and Wildlife Service and see what's here. Invasive species activities. Resources for teachers. Invasive species resources. What you can do? Fish and wildlife invasive programs. Student info coming soon. A number of other activities to give you one idea of what you can find. I'm going to go back and see what else I find. Let's go look at USGS, the United States geological survey, lesson plans activities and let's see what's here. And Harry are. Lesson plans and activities for grades K-2. I find biology in ecosystems. Polar bears, polar bears sounds good. Let's go look at polar bears. Come on polar bears. Polar bear research. Here we go. Here's an overview. Here's a person you can contact for information. There's information about polar bears, although this isn't looking like grades K-2. But, I could be wrong. Let's back up a little more. Helping your child learn geography. This is a 32 page booklet. Here we go. Helping your child learn geography. A table of contents. And, there it is. It is archived but still available. That is just a sampling of one topic within USA.gov that is available for finding activities for children. I will take a brief minute and I will put in parents and see what terms up. And here we are. Information for parents. Injuring children's well-being. A checklist to guide parents and guardians and COVID-19. Parents for healthy schools. Current engagement at school. There are numerous parenting resources here in USA.gov. Now, I'm going to switch over to the CGP, our catalog from the government publishing office. I will go live and do a search here. I will put in children. If there are more than 14,800 resources -- okay. I think I had 14,821. There are now 14,000 823 resources having something to do with children. They range from acts of the United States government and Congress to committee hearings. There is information on the C.A.R.E.S. Act, there's child protection, here is one on child's soldier's prevention act. There are many resources and the catalog for government publications. They have to do with children including some in Spanish error. As most of you, I am sure no, but just in case not, if there is [Speaking a Foreign Language] address under Internet access, you can go directly to the publication and find the publication directly from the CGP. So, here is an idea of what exists when you search for children in the catalog of U.S. government publications. I can go to a more advanced search I will put children and safety to see what we find and how that limits what I discovered in terms of publications and -- this is in the CGP. Now, I have 792 references that have something to do with children and safety. Many of them are committee hearings, within Congress. They all come with their title, the year in which they were published, the author, the SuDoc number and if there is Internet access to the publication. So, this gives you an idea of what exists within the government publishing office catalog of publications. Finally, I'm going to go to Eric and look for information. ERIC, for those of you who don't know, is the Institute of education sciences database for searching for resources and information in the field of education. I was say, putting children here is going to give me a lot of results. Again, I will put children and safety. And, here we go. What I have here in ERIC are 5700 results that are, that have something to do with the safety of young children and, I can limit that by publication date. I probably don't want everything in the last 20 years. I will go the last 5 years and see what happens. Okay, if I limited to the last 5 years, there are 666 results. If I want only what I can get the text for for my users in my library, I can hit full text available. And, ERIC will

limited to the results that are available in full text. And, there are things like parenting, Internet addiction, education of the whole child, a New Jersey profile of child well-being, creating safe schools, numerous publications on children and their safety. So, with that, I'm going to stop screen sharing and return to my presentation. I will say thank you very much. Thank you very much for listening and participating. Please, there is so much out there. I have suggestions on other resources and doing part two of this. And, are there any questions out there in the chat pod?

---

Jane, this is Kathy. Let's see. I am looking at these right now. There was a question about USA.gov versus MetaLib. What's the difference? Why would you choose one over the other?

---

Okay. This is my personal experience. MetaLib is better at giving you direct resources from agencies. MetaLib takes you very directly to the information that exists in terms of legislative measures, bills, committee hearings. MetaLib, also, because of the way it is structured, you can choose, -- advanced searches, expert searches and what agency you would like to search. Within USA.gov, you can't be specific that I only want to search for general resources or I want to search in health, or I want to search in congressional information. With MetaLib, you can perform expert search to search agencies. If you want to get specific, MetaLib probably works better. If you're looking for general resources for children themselves, for users from the public, or if you're not looking for a specific law or information, then, USA.gov is a good place to start. USA.gov also includes state and local information and publications that doesn't tend to pop up in MetaLib. Kathy, if you would like to comment in those differences, please do so. MetaLib is GPLs search engine.

---

Yeah, Jane. I probably would have said something very similar along the way. You said that back when I was teaching information literacy, that is how I decide the difference. Depending on the class, if it was a research class for the sciences, I would probably go to MetaLib. If it was like an English prep class, I would find out what the topic was. I would have them start at USA.gov .

---

Yes.

---

Mine was very similar to what you said.

---

That is a perfect description. USA.gov, if you really don't know a topic, or if you're dealing with a beginning level class, if you are in a public library where you are dealing with school aged children coming in and I was also, I was a long-term school library and for 20 years before I want that as an academic government document library. USA.gov is a MAC easy thing to teach them to use and to understand what they are finding. I hope that answers the question.

---

I am looking at the questions. I am not seeing any more questions. It looks like there are a couple of comments about the kids.

---

When I found out, it was just, I was going talking about serendipity, that was fun to find.

---

So, does anyone else have any questions for Jane?

---

As always, if anyone would like an actual copy of the PowerPoint, feel free to email me personally. I will happily send it to you.

---

Okay. When we get the recording posted, we will have a PDF of the PowerPoint as well. Actually, Jane, I do have a question for you. Several years ago, I helped someone who was a homeschooled parent find information on homeschooling resources. I don't remember where those came from. Do you know?

---

Off the top of my head, there are a lot of different places. There is, because Kelly and I, we did a joint workshop webinar on homeschooling resources back in, maybe a few months ago? We highlighted resources for home schooling parents. Kelly did an absolutely amazing list of tips and suggestions for home schooling parents. There is a lot of information on homeschooling resources. They do exist within USA.gov. I would look for your particular state, especially because, each state has different laws about, if you decide to take your child out of school and actually homeschooled, there are differing laws depending on what state you are in. Does that help somewhat?

---

Yes. I was trying to get to that webinar.

---

I think it was homeschooling resources. I don't remember exactly. It was Kelly and I, several months ago. It was at the beginning of the school year, I think.

---

Yeah.

---

Because, in that, there were several places I highlighted to get help with homeschooling.

---

So, okay. One more call for questions. I will give you a minute.

---

Of it you found and posted the link to the homeschooling one.

---

Okay. I see a final question about resources for a child with an interest in sign language. The honest answer to that is I don't know. But, again, I think I would start with USA.gov and look for sign language for children, children, sign language for children, to see what is there. That is a really good question. Not one that I even considered for this webinar. I will probably be looking for those resources now to see if there is anything there. Okay, one browser that works better than others? No. I cop's, mostly use chrome. But, I also will switch to Firefox. My advice is, if you're in one, or the other, and something doesn't work, try switching to a different browser to see if it does. All of us, at least in my library and most of our professors at the University have discovered that, depending on what platform we are using, what we are looking for, sometimes, one works better than another. I know there are certain features, some things work better in chrome. Some that work better in Firefox. Again, Kathy and Ashley, you have comments about what you find works best with government resources as well.

---

My experience is it is hit or miss.

---

That is pretty much what I was saying.

---

I was saying it pretty much depends on what day of the week it is.

---

It may depend on whether it is raining outside or not.

---

Okay. It looks like we are wrapped up. I don't see any more questions. We will get the recording up and out to you sometime next week. We will have the slides along with that. A very big thank you to Jane for providing us that information. And, everybody else, have a great day.

---

Thank you. Thank you, all. Have a good day. Thank you.