Wellbeing at School and at Home in New Mexico

WASH NM

July 15, 2020

An offering to New Mexicans
from the faculty and students of the
Department of Individual, Family and Community Education
at the University of New Mexico

Careers, Childcare, Back-to-Work

Some of us have lost jobs. Some of us have found new jobs. Some of us are looking for new jobs. Some of us are going back to our pre-COVID-19 workplaces. Many of us have to figure out childcare arrangements (again!). In this issue, we explore the wellbeing implications of these changes.

Foremost among the complications is that the COVID-19 impacts on our lives are not here and then gone. They are coming, going, returning and changing, heightening our uncertainties. New Mexico is opening and then pausing, something that will likely continue to happen for some time. This reinforces our sense that we need to see this as a marathon, not a sprint; to enjoy the simple pleasures; to mark the gains and losses both; and to hone our conflict management and coping skills.

Simple Pleasures:

These are our latest finds for relatively quick, easy, often healthy, things you can do during COVID-19 restrictions.

An IFCE Observation:

Jan Armstrong (Professor of Educational Psychology) has been journaling during the pandemic. She writes about it and gives an example.

Keeping a journal makes it possible to remember the details of everyday living. While these may not seem important at the time, years later the little things may help bring the past to life. Researchers find that human memory is fallible, prone to error from the start. The sooner you capture the events of the day, the better. As my children grew to adolescence, I remember being surprised to find how much their recollection of past events could differ from my own.
Journal entries might not resolve the matter, but they can provide wonderful prompts for conversation. Here is a journal entry I wrote not long ago, expanded and edited for clarity.

Monday, May 18, 2020 -- My morning walk was memorable. I walked down a narrow path that zigzags through the open space, offering a splendid view of the Sandias. Dry grasses danced in the breeze and bees dashed from one pear cactus bloom to the next. It would be a short walk, as I had much work to do, so instead of hiking up the arroyo, I stopped short of it and leaned against a boulder, gazing at the mountain and the bright blue sky. As I was about to head home, I spotted something on the ground a few feet away: a flat, oval shaped, lavender purple rock about 8 inches across, expertly painted with delicate flowers and leaves. I bent down to look at this little work of public art tucked away in the rough terrain. The inscription read: “Be the reason someone smiles today.” Postscript: The next day I returned with my cell phone in hand, hoping to take a picture of my discovery. The stone was gone, but thinking of it still makes me smile.

Coping. Journal writing offers a way to capture and preserve memories. It can also help us sort things out. The author of this NPR story cites evidence that expressive writing supports physical and mental health. From the IFCE point of view, expressive journal writing offers a way to describe, cope with and gain insight into one’s emotions as part of the lifelong quest for self-understanding.


Since we’re all video-conferencing for work, school, and nearly everything else, one of the simple pleasures is playing with the virtual background on your conferencing software. Here are some options for you to try:

- From Tourism Santa Fe -- https://santafe.org/Virtual_Backgrounds/index.html?fbclid=IwAR26yRaHZx-VB0vl6K-FNblepRr_l9ISu-URidKa33nfEYnGTRpGrCU34A
- From the New Mexico Ice Wolves -- https://www.nmicewolves.com/zoom-backgrounds
- From the Santa Fe Botanical Gardens -- https://santafebotanicalgarden.org/download-virtual-background/
- From UNM -- UNM videoconferencing backgrounds
- From UNM-Gallup -- https://www.gallup.unm.edu/zoombg/
- From New Mexico State University -- https://learning.nmsu.edu/nmsu-zoom-virtual-backgrounds/
While the Santa Fe Opera canceled its 2020 season, it has pivoted to offer some of that music online in the series “Songs from the Santa Fe Opera”:

Here is a musical gift from the Santa Fe Symphony:
https://santafesymphony.org/?fbclid=IwAR2zfvLXwpK4EOdqx5LPSsI4MQR-u1E0mzX69VL-a6y yahbIGNr6mUd8Bmw.

Jay Parkes (Professor of Educational Psychology) noticed the tense environment in grocery stores right after the closures began amidst the first round of shortages. He has made a practice of saying to employees, "The place looks great! You've been hard at work. Thank you for being here today!". Sad to say, but the most frequent reply is some version of a look of relief, perhaps a small smile, and a comment to the effect of "that's not what most people say."

Need some reading suggestions for yourself? Here are some books coming out by Indigenous authors:
https://bookmarks.reviews/13-of-the-most-anticipated-books-by-indigenous-authors-for-the-second-half-of-2020/?fbclid=IwAR2r2UEcFCUJYxObYkWWr2Me_j2J6XarfFiCcVSckHbsgGJAVaNZd dyDPMw.

Lobo Gardens Club at UNM offers students, faculty and staff ways to learn about growing food using sustainable methods. For the latest information about classes, campus gardens and activities, visit the club’s Facebook page: https://www.facebook.com/UNMLoboGardens/.

**It’s a Marathon not a Sprint:**

We're on a long road to new things. Pace yourself!

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**An IFCE Observation:**

Heather Ver Brugge (Career Development Facilitator at the UNM Office of Career Services and an IFCE alumna) noted that searching for a job can be stressful under the best of circumstances. During a global pandemic and economic recession, it can seem impossible. Participants in a recent Job Search during COVID-19 workshop offered by UNM’s Career Services used words like struggle, uncertain, daunting, overwhelming, nerve-wracking, even defeated to describe the feelings they have regarding their current job search. And no wonder. Cases of COVID-19 are once again on the rise in New Mexico. Businesses are closed. Social distancing has altered the way we stay connected. But if
you’re a job seeker, take heart. Hiring is still taking place, and with some changes in your job search strategy, you can increase your chances of success!

Whether you are looking for the ideal opportunity to propel you along the path to your dream job or just looking for a temporary position to put food on the table, the key to a successful job search is still networking, even if it’s from home. Up to 80% of hiring takes place through the hidden job market – through referrals or people who are already known to the hiring manager. It’s less risky for employers to hire folks who are known to them. What can you as a job seeker do to get known? Continue to grow your professional network. Strengthen the relationships you already have and look for ways to make new connections.

● We’ve all been at home for four months. This is a perfect time to reach out to those you’ve lost touch with and see how they’re doing. Is there someone they can connect you with?

● Make sure to share your goals and aspirations with friends and family. They can network on your behalf.

● Identify professionals and hiring managers in your field of interest or in your target organizations. Arrange for virtual informational interviews.

Building your professional network takes time, but it is by far the most effective strategy for a successful job search!

Tips for job seekers:

● Hiring is still taking place - over 400 new jobs are added per week in Handshake, UNM’s database of jobs and internships. Register today! https://unm.joinhandshake.com/

● Write/revise your resume. See the Career Tools page on the Career Services website https://career.unm.edu/career-tools/index.html

● Reach out to your contacts and reconnect.

● Create/boost your LinkedIn profile.

● Consider volunteering https://www.centerfornonprofitexcellence.org/.

● Schedule an appointment with a Career Counselor at Career Services! We serve the entire UNM community – students, alumni, faculty, staff, and retirees. Email onlinecareerservices@unm.edu to get started.

Reach out for additional support if needed:

The economy, our workplaces, and job losses are not turning a corner quickly. This, too, is a marathon, not a sprint. Whether it’s addressing financial stresses, finding work, finding childcare, deciding when and how you can return to work, there are lots of impacts on our wellbeing during this time.

In a NYT article, Pandemic has increased money anxiety. Therapists hope to cure that, the author stated that a recession offers a time to self-reflect about our psychological worries or rumination about money. Financial Therapy is a timely therapy founded in research by Brad Klontz around money avoidance, money worship, money status, and money vigilance. With 40 million Americans facing unemployment, recognizing our anxiety around money is a necessity, as is navigating unemployment or the return to work.

Here’s a video about adjusting to sudden income loss -- https://www.youtube.com/watch?v=olESBVuyEFc&feature=youtu.be .

Have you lost your job or are you looking for a new job? Here are some considerations:

- The New Mexico Department of Workforce Solutions: https://www.dws.state.nm.us/en-us/.
- New Mexico employers are hiring now: https://www.krqe.com/health/coronavirus-resources/jobs-these-businesses-are-looking-to-hire-due-coronavirus/.
● The New Mexico Career Development Association NMCDA offers a range of tools, including “New Mexico’s Largest Employers List.”

● The American Counseling Association offers a range of tips from “Applying for unemployment benefits” to “Continuing professional development.”

● This is a thorough list of resources compiled by the National Career Development Association. It covers anything from self-assessment, to employment trends, to job search strategies. It is one of the more comprehensive career tools we have found: NCDA Resources.

● How to network without a networking event -- https://hbr.org/2020/06/how-to-network-when-there-are-no-networking-events.

● Job loss has disproportionately affected women and minorities.

Childcare is a critical concern for work-from-home or returning to work, and more so for women than for men, unfortunately. Here are some resources about meshing the two considerations:


● Negotiating going back to work with your boss -- https://www.thepennyhoarder.com/make-money/leave-for-coronavirus/.


Are you ready to go back to work? If you or someone close to you is at increased risk for more severe COVID-19 symptoms or need extra precautions, your back-to-work considerations are likely different. Look for information related to your specific reasons for concern. For example, here is a resource for people with diabetes.

For those determining whether or not to return to work, a pro’s and con’s list might be helpful. Here is a list about weighing decisions with a simple approach from Mind Tools.
This list was created by Yelena Petic. For the full article, see vezadigital.com. In this article, they talk about how remote work shapes both the employer, and the employee.

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
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<tbody>
<tr>
<td>Less cost of living</td>
<td>No work social life/team building</td>
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<tr>
<td>More travel</td>
<td>Communication challenges</td>
</tr>
<tr>
<td>Increases productivity</td>
<td>Lack of routine</td>
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<tr>
<td>Known to reduce employee stress</td>
<td>Distractions</td>
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<tr>
<td>Improvement of work-life balance while maintaining or increasing effectiveness in the role</td>
<td>Less team interaction and a loss of a feeling of community and shared values</td>
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<tr>
<td>Remote employees are known to take less sick days</td>
<td>Larger costs around technology and IT support</td>
</tr>
<tr>
<td>Commuting time is spent working rather than it being wasted time</td>
<td>New management style will need to be implemented</td>
</tr>
<tr>
<td>Low-cost flexibility for startups</td>
<td>Impact on company culture</td>
</tr>
<tr>
<td>Wider choice of candidates to employ</td>
<td>Trust level needed.</td>
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</tbody>
</table>

Do you have employees? Here are some thoughts about helping them with their back-to-work anxieties: https://hbr.org/2020/06/help-your-employees-manage-their-reentry-anxiety.

Being better at working from home:

- 8 productivity tips --

- Are you well-equipped for work-from-home? We might be at this a while --

- Are you cyber-secure working from home? --

- 3 Tips for Working in Your Bedroom WithoutRuining Your Sleep. Sleep experts recommend that people use their bedrooms only for sleeping, but we do not always have a choice. Students often have to work and sleep in the same room, and for parents working at home, the bedroom might be the best place to focus. Here is an article offering tips for those who need to use their bedroom for work:
Gains and Losses:

All of these changes!
Some are true losses big and small.
Some, though, are gains.

We have gained some time to explore issues of race and culture with our kids and families and ourselves.

- The Netflix documentary *Thirteenth* analyzes the criminalization of African Americans and the U.S. prison boom.

- *The Hate U Give* explores police violence.

- *Business Insider* recently published a list of books about racism and white privilege:
  

While death is seldom a comfortable subject for many, you and your loved ones might gain some peace of mind by discussing it.

- Here’s some advice on getting your own affairs in order:
  

- Here are items you’ll want to address for yourself:
  

- Some advice about your own end-of-life decisions:
  

- Here’s an organization devoted to fostering family conversations about dying:
  

While we have lost some of our usual ways of bonding with friends, we might have gained a deeper appreciation for friendship. Here is an article from the Greater Good Science Center on *Why your friends are more important than you think. How can you sustain friendships in a pandemic?* See the Bookshelf below for further reading.
Coping Skills:

We need to recommit to what works and to learn new ways.

An IFCE Observation:

Kelley Holladay (Assistant Professor of Counselor Education) studies cyber sexual assault. She writes here about the need to navigate technology and social media with care.

As parents and caregivers are going back to work, and students begin to head back to school with remote learning styles, it seems plausible that free time will be occupied with internet use. In 2018, pre-pandemic, 95% of teens reported having a smartphone, and 45% shared they are online ‘almost constantly’ (see Pew Research, 2018). Adolescents use technology for a variety of reasons, including maintaining friendships, which may be especially important as youth are remote. In fact, there are several benefits for youth who utilize social media (see VeryWell Family).

Conversely, youth may also experience some disadvantages. A review was conducted by researchers (see Gardella, Fisher, and Teurbe-Tolon, 2017) that shows an increased internet usage among adolescents can also expose youth to cyber victimization. In turn, for those youth that experience cyber victimization, this may result in psychological trauma that influences psychological, behavioral, and educational outcomes like lowered academic achievement and diminished school attendance (see Gardella et al., 2017). It’s noteworthy to mention here that we also now know that emotional trauma is the most undiagnosed form of trauma (e.g., psychological trauma of internet victimization). Regarding youth and happiness or wellbeing, less screen time was associated with increased happiness (World Economic Forum) as well.

So, what can we do? Here are a few tips from “parents can prevent cyberbullying”

1. Know the technology platforms, and take an interest. Download Snapchat, Facebook, Instagram, and others. “Friend” your youth on these platforms!
2. Set limits. Most platforms have parental controls.
3. Who are your child’s online friends? Take an interest, and even give their friends a virtual “hello.”
4. Identify behaviors associated with bullying (e.g., difficulty sleeping, nervousness and anxiety, physical complaints like stomach aches, sadness or detachment).
5. Cultivate safe relationships (e.g., “you won’t get in trouble for telling the truth” or “reporting is to help you and not get someone in trouble” or “there’s a difference between secrets and surprises”).
6. Given that I also study cyber-assault, I also think monitoring children’s internet use is helpful, while having honest and open dialogue about smartphones is warranted in the age of technology. Think about modeling technology usage in the home. So, I personally suggest setting boundaries that are both realistic and achievable for parent or caregiver and children (e.g., “no phones at the dinner table” or “no phones past 8pm”).
“How to Fall Asleep Fast in 10, 60 and 120 Seconds.” Trouble sleeping? You are clearly not alone. Here is a brief article that offers tactics for falling asleep. [https://www.healthline.com/health/healthy-sleep/fall-asleep-fast](https://www.healthline.com/health/healthy-sleep/fall-asleep-fast)

The nonprofit [Center for Mindful Self-Compassion](https://www.centerformsc.org/) is offering free daily 45-minute drop-in sessions for anyone interested in meditating together during this time of social-distancing and quarantine. These sessions are led by senior Mindful Self-Compassion teachers and include a short opening talk, a guided meditation of about 20-25 minutes (with "light" guidance) and then a time at the end for unmuting for brief comments and time to wave goodbye. The center is also offering two weekly "Affinity Practice Sessions", one devoted to BIPOC (Black, Indigenous and People of Color) and one for LGBTQI2S+ people. See the schedule for details.

- [https://www.signupgenius.com/go/10c0c4aa4af29ab9-free](https://www.signupgenius.com/go/10c0c4aa4af29ab9-free)
- [Sign up for sessions in Spanish here](https://www.signupgenius.com/go/10c0c4aa4af29ab9-free)

Here are other meditation resources:

- [https://wakingup.com/](https://wakingup.com/)

The New Mexico Behavioral Health Collaborative now offers a smartphone app called NMConnect which offers 24-hour crisis and non-crisis support. See [https://www.newmexico.gov/2020/04/14/new-mexico-unveils-app-for-behavioral-health-support/](https://www.newmexico.gov/2020/04/14/new-mexico-unveils-app-for-behavioral-health-support/).

The US Department of Veterans Affairs has created the COVID Coach app for veterans, service members, and anyone else to assist navigating mental wellbeing during the pandemic: [https://mobile.va.gov/app/covid-coach](https://mobile.va.gov/app/covid-coach).

Work-life "balance" was always an issue, and now that we’re working from home, those boundaries are even trickier. Here are some resources for keeping work and home separate, for your wellbeing.

- Be UNproductive once in a while -- [https://hbr.org/2020/06/let-yourself-be-unproductive-at-least-for-a-little-while](https://hbr.org/2020/06/let-yourself-be-unproductive-at-least-for-a-little-while)
Have you tried a Family Meeting as a way to keep things moving in your household? 
https://hbr.org/2020/06/the-agile-family-meeting.

**Conflict Resolution:**

All of our relationships take extra attention right now. Conflict, unfortunately, happens easily.

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**An IFCE Observation:**

Ashley Martin-Cuellar (Visiting Lecturer in Family and Child Studies, and Marriage and Family Therapist) writes here about navigating conflict within the workplace.

As we continue to navigate changes within the workplace sphere, both at home and in our workspace, one important consideration is how we honor one another’s differences. Disagreements are inevitable and how we navigate these disagreements are important for our relationships with others and our connectedness to our colleagues. In times of disagreement we learn from others, we grow, we may change our minds, or we may hold on to our values in an even more thoughtful way. This growth comes from having conversations where we listen to understand and implement conflict management strategies that help us to do so. In her TedTalk Megan Phelps-Roper describes her experience growing up in the Westboro Baptist Church and the conversations that brought her to understanding other perspectives and into having connections with others that she didn’t initially agree with. Megan identified 4 strategies for navigating these difficult conversations which can be applied to our conversations with co-workers:

1. Don’t assume bad intent. We react and say things sometimes out of lack of understanding. When we assume that someone does not have malintent in their question or statements, it extends grace to that person and allows us to hear them differently.

2. Ask questions. In order to understand people or situations, asking questions can lead to deeper meaning and deeper understanding. Asking questions allows the other person to explain their perspective. It also shows interest in them and their experience.

3. Stay calm. When we are escalated our heart rate reaches a point where our brains go into a flight or fight mode. In that state, our brains do not receive information and physiologically we cannot listen as intently. When we stay calm our brains are able focus better and can be more intentional with our listening.

4. Make an argument. To make an argument, it requires us to understand our own personal argument, and it requires us to understand the argument of the other person. Our argument will not make sense if we do not take the other person’s situation, perspective, or experience, into consideration.
Megan Phelps-Roper’s TedTalk-I grew up in the Westboro Baptist Church. Here's why I left: https://www.ted.com/talks/megan_phelps_roper_i_grew_up_in_the_westboro_baptist_church_here_s_why_i_left?language=en

Additionally, this CNBC article provides thoughtful tips for navigating difficult conversations about racial inequality within the workplace. Talking about racial inequality at work is difficult—here are tips to do it thoughtfully: https://www.cnbc.com/2020/06/05/how-to-thoughtfully-talk-about-racial-inequality-with-your-coworkers.html
**The New Mexico 19:**

The New Mexico 19 (plus!) in this issue is a New Mexico Educator-Approved July Children’s Reading List compiled by Maria Elena C. Salazar (Lecturer in Family and Child Studies and Early Childhood Educator).

June is over, and we have indulged ourselves and our children. I get a little sad on the fourth of July, the date signaling summer break is halfway over for New Mexico’s students and teachers. Try to focus on the moment, MES. As we start to emotionally ease back into another academic year, we must also start to intellectually ease back in. In July, I strongly motivate my three children to pick up a book for at least half an hour a day. Reading material is of child choice. Read the nutritional facts on your cereal box, or a teenage blog, for all your reader and age-appropriate choice. Nothing, right? Realistic, right? Truth is, once Lilia, Estela and Roman start on that half hour, the book engages them for much longer. Audiobooks are a nice alternative. Listen in the car or on the phone. Summer is a great time to revisit classics. I’m listening to *The Iliad* and Stephen King’s *The Dark Tower II: The Drawing of the Three* (I saw the movie for part one. Very good.). Reading is an accessible route to promoting cross-curricular skills among our children and families. Celebrating New Mexican cultures, below is a Dr. Salazar-approved children’s literature (birth through age 18) list to sink your senses into this July. My critical multiculturalism propels ME to first highlight local and student cultures, thus the heavy handedness of NM-themed books. In the spirit of multiculturalism, other Multicultural Children's Literature (MCL) titles are included. MEs must-reads, if you will. If the below titles do not entice you, also included are resources to find titles that will. Enjoy. MES
### Mama and Educator-Approved July 2020 Reading List

**Quintessential New Mexican and Chicano Children’s Literature**

Coming-of-age novel. If you have not read this classic, now is a good time. Other children’s books by Rudolfo Anaya (e.g., *La Llorona* and *Roadrunner’s Dance*) are also recommended. Third grade and above reading level.

**Freckle Juice** is a free book I scored at the Española Library June 2020. Judy Blume is less familiar to today’s youth, but their parents may recall *Superfudge* from fourth grade (remember getting your books stamped?). Blume can feel dated and bourgeois (moms playing cards in the afternoon in *Freckle Juice*), and may need to be snuck into the less reluctant reader’s diet, e.g., accidentally left in the car on a road trip. Nonetheless, I consider many of Blume’s texts good social/emotional reads. Is *Are You There, God?* still a banned book? It’d be interesting to read this 1970’s text against the backdrop of today’s society.

**Taro Gomi** is well-known among early childhood educators. How about exploring other great texts and authors? Compare *Lon Po Po* to other culture’s *Red Riding Hood*. Conduct a critical analysis of popular early childhood texts, such as Disney’s *Mulan*, for cultural authenticity and stereotypes. Visit [https://www.readingrockets.org/](https://www.readingrockets.org/) for texts and teaching materials for this cultural group and others.

**New Mexico’s Native Son**

**Rudolfo Anaya**

1937-2020  
Santa Rosa, NM  
University of New Mexico Alumnus and Faculty  
National Humanities Medal  
National Medal of Arts  
Founding author, Chicano Literature and Chicano Children’s Literature  
**Descansa en Paz**

**Pop Quiz:** Name five Native American leaders from New Mexico and the movement they struggled.

NM has a rich and diverse indigenous heritage, spanning pueblo peoples, plains Indians, cliff dwellers, and many, many languages within these states west of the Mississippi. How about spending some time during the COVID19 summer learning about us/U.S.?
<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Description</th>
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<tbody>
<tr>
<td><em>Those Shoes</em></td>
<td></td>
<td>Contemporary tale of peer pressure, friendship, socioeconomic status and love. Elementary readers.</td>
</tr>
<tr>
<td><em>Adobe Angels</em></td>
<td></td>
<td>Very scary, real stories can be found in Garcez’s series. Find the one recounting locals’ experiences in your part of New Mexico.</td>
</tr>
<tr>
<td><em>Any Small Goodness</em></td>
<td>Joe Hayes</td>
<td>Retellings and original tales of the Southwest. Use in text sets. When you get a chance, see Joe Hayes storytelling live. All ages and reading levels.</td>
</tr>
<tr>
<td><em>3 Small Girls from New Spain</em></td>
<td>Joe Hayes</td>
<td>Three sisters travel to California in 1968 to meet the mother who abandoned. I found this for free on the give bin at my public library (see some of the give shelves, below) and was reminded how great it is.</td>
</tr>
<tr>
<td><em>Any Small Goodness</em></td>
<td></td>
<td>Arturo, his friends and family find beauty in their community: the barrios of Los Angeles. Award winning novel. Great for class text sets. Second grade and above reading level.</td>
</tr>
<tr>
<td><em>3 Small Girls from New Spain</em></td>
<td></td>
<td>FREE, authentic Native American text! First edition. Score! MES picked this off a free books rack at Española Public Library (see pics, below). One of the Española Valley’s famed artists narrates the process of creating Santa Clara Pueblo’s beautiful black pottery. All ages.</td>
</tr>
<tr>
<td><em>Yo pronunto tealtad</em></td>
<td>Pat Mora</td>
<td>Originally from Texas, Pat Mora, Chicana Scholar and founding Chicano and Chicano Children’s Literature author, has long-called New Mexico home. Her texts are important to include in U.S. Southwest book collections as culturally authentic representations of borderlands peoples. Texts for birth through adult.</td>
</tr>
<tr>
<td><em>Origins of New Mexico Families</em></td>
<td></td>
<td>Do you have a Spanish surname and/or have at least a fifteenth cousin from New Mexico? Maybe you are just into local history or genealogy. A read for those interested in exploring New Mexico’s and the U.S.’s earliest Europeans.</td>
</tr>
<tr>
<td><em>Spanish Culture and Customs</em></td>
<td></td>
<td>Learn how our ancestors helped win WWII as soldiers communicating in their native tongue. (Bonus fact: NM’s native Spanish speakers were stationed across Europe, their bilingualism aiding U.S./ European dialogue.) Mid elementary reading level. Recommended for all ages.</td>
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<tr>
<td><strong>Explore Southeastern New Mexico!</strong></td>
<td>All ages.</td>
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</table>
| **Hi, My Name is Corona!: COVID-19** | Couple from Las Cruces author and illustrate a COVID-19 children’s book!  
| **SEPARET IS NEVER EQUAL** | The California court case that set the precedent for Brown vs. Board of Education. Engaging artwork and social justice themes infused with the author’s dual citizenships and biculturalism (Mexico and USA) make all of Tonatiuh’s children’s books worth reading. Mid elementary reading level. Recommended for all ages. |
| **Old Father Storyteller, Pablita Velarde. Santa Clara Pueblo oral storytelling documented. Creation stories are accompanied by the late artist’s illustrations. First grade and up.** | A Dr. Salazar favorite. Artistic works from across the globe and across centuries are used to illustrate the words to *Ecclesiastes 3:1*. 1998. First grade reading level; must-read for all ages. |
| **THE GOAT IN THE RUG** | A must-include in every early childhood library. See Geraldine and Glenmae work together to practice a Navajo tradition. Great for teaching sequencing. Birth through young adult. |
| **TORTILLA SUN** | Coming-of-age tale of a girl raised on the East Coast who visits her family in Albuquerque during the summer. Upper elementary to adult. |
| **New Mexico Kid** | Available in grocery stores, doctors’ offices and more around New Mexico. Monthly calendar of events, resources for children and families, seasonal articles. |
Resources, Multicultural Children’s Literature

1. American Indian Library Association (AILA). Native American Youth Services Literature Award

2. American Library Association (ALA). Schneider Family Book Award (Differently-abled experience)

3. American Library Association (ALA). Stonewall Book Awards (LGBTQ)


6. Association for Library Service to Children (ALSC). A Division of the American Library Association. Pura Belpre Award (Latin@)


9. Consortium of Latin American Studies Programs (CLASP). Américas Award

10. Dr. Debbie Reese, Nambe Pueblo. https://americanindiansinchildrensliterature.blogspot.com/

11. Dr. Maria Elena Salazar, UNM Main Campus. www.unm.edu


18. Maxwell Museum, UNM. https://maxwellmuseum.unm.edu/
26. Your local library. See the carts of free texts (above) at mine! Librarian, roll this rack into my car, please. I could take every book home, but some texts speak louder to ME than others. This includes texts about the local cultures (wherever I am living over visiting at the time), well-known authors, interesting graphics, all children’s literature and how-tos.

For Those in the Helping Professions:


The Bookshelf -- References and Other Resources
Things the WASH NM Team has read or seen that you might want to examine more closely


Coming up Next:
Back-to-Schooling for Students and Families on August 5
Back-to-Schooling for Teachers and School Staff on August 19
The excitement of the clothes and supplies shopping and the fresh start that each new school year brings this year also comes with uncertainty about what schooling will actually look like, and how our children, teachers, and school workers will feel about it all.

About WASH NM:
The faculty and students of the Department of Individual, Family and Community Education in the College of Education and Human Sciences at the University of New Mexico would like to offer to all New Mexicans thoughts, ideas, and resources from ourselves and our areas of study and work -- counseling, educational psychology, family & child studies, and nutrition -- to enlighten, soften, and aid the COVID-19-related transitions. We intend to make this offering bi-weekly, each with a theme relevant to our times.

We are exiting the initial phase of the Coronavirus effects on our lives, and we are realizing that we face not a pause in our realities to which we will soon spring back but a new reality entirely. We held our breath, put our collective and individual heads down, and gutted it out so far. Now, we face the marathon, not a sprint, of placing ourselves, our children and families, our work selves -- everything -- into this new normal. In these changes, we owe ourselves and those around us opportunities to note and to grieve the losses, big and small, and we also owe it to ourselves and others opportunities to see and seize and solidify the gains. Some of these changes have been good! We’ve (re)discovered simple pleasures like baking, walks, family meals, reading, laughing together. Some of the changes have been among the hardest we’ve faced. We’re in need of new and better coping skills, and, with tensions running high, we need new and better conflict resolution strategies, too. Even simple interactions aren’t simple these days! With informed reflection and action throughout this time, we can all improve our Wellbeing at School and at Home in New Mexico.

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How to Pick Up the WASH NM:
All issues of WASH NM are available in pdf format at:
http://coehs.unm.edu/departments-programs/ifce/wash-nm.html

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About the

Department of Individual, Family and Community Education:
The department houses four diverse, but interconnected, programs that prepare students to address the myriad issues faced by the State of New Mexico. Our faculty members are leaders in their disciplines of Counselor Education, Educational Psychology, Family and Child Studies, and Nutrition; although each of these programs reflect different professional fields and identities, we all have shared values of human development, diversity, and excellence in scholarship and teaching. We offer various Bachelor’s, Master’s, and Doctoral Degrees and a number of programs have achieved national accreditations in their fields, a true marker of success and innovation.
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