



LPB Parents E-Newsletter September 2016

Free Crisis Counseling

Adults or children in designated flood disaster parishes can receive free crisis counseling funded by FEMA and administered by the Louisiana Department of Health (DH). To learn more, call the DH-Office of Behavioral Health Louisiana Spirit Crisis Line at **866-310-7977**.

Disasters can be particularly difficult for children to handle; here are a few links to help you know how to help children cope.

- [Helping kids cope with disaster](#) video
- [Helping children with scary news](#) (tips from Mr. Rogers' Neighborhood)
- [Helping kids cope with trauma](#) blog
- [Children's reactions](#) to disaster by age (from FEMA)
- [Preparing children for disaster](#) using TV

Play and Learn with PBS KIDS

If your children have still not returned to school or they missed the back to school special episodes, then you may want to check out [LPB Raising Readers](#) or [PBS KIDS](#) where they can be watched free of charge. You'll also find loads of free educational videos, games, and activities from all the PBS children's programs. Or use the [PBS KIDS Video App](#), available on a variety of mobile devices and on platforms such as Roku, Apple TV, Amazon Fire TV, Android TV, Xbox One and Chromecast.

You can also check out other free PBS KIDS apps like the [PBS KIDS Measure Up](#), [PBS KIDS ScratchJr](#), and [PBS KIDS Games](#) that can help kids learn new skills in math, coding, literacy and more.

In fact, these are great resources to use anytime, anywhere.

Relaxation Activities

Okay, so the bad news is that we missed **National Relaxation Day** which was August 15th. The good news is that **Thomas & Friends** [videos, activities and posters](#) to help students relax and calm their engines are still available for regular and autistic children. Now might be a great time for all of us to use relaxation exercises!

Sesame Street

On September 12th at 9:00 a.m., repeating at noon, **Sesame Street** starts a new season (the 46th!) with a new theme song, a new character and a new Cookie Monster segment entitled

"Smart Cookies." This season will continue to have valuable educational lessons taught through the lens of fun and feature familiar preschool-relevant themes like bedtime, boo-boos, and animals.

Mark Your Calendar

On Oct. 3rd at 9:00 a.m., Oct. 5th at 9:30 a.m., and Oct. 7th at 9:30 a.m. the **Peg + Cat Mystery Hour** airs with four all-new math mysteries that kick off with a spooky Friday-the-thirteen problem.

On **October 17th** at 11:30 a.m. **Thomas & Friends** will feature an exciting one-hour special with an international cast of new characters. Each day of that week a new episode will air, all with a racing theme. October 28th to November 1st is **The Cat In The Hat Knows A Lot About Halloween**. Nick, Sally, and The Cat in the Hat discover the best Halloween costumes ever in the Oooky-ma-kooky Closet. **Check the [schedule](#) for air times.**

November also brings the premiere of a new marine biology and oceanography children's program **Splash and Bubbles**. More information to come.

Just for You: Poldark, Season 2 and Create

Set against the breathtaking backdrop of 18th century Cornwall, Poldark returns for a new season of romance, adventure, and risky pursuits. On September 25th a day-long marathon of **Poldark** on **Masterpiece** will kick-off at 10:00 a.m., leading up to the eagerly awaited **Season Two** premiere at 7:00 p.m. until 9:00 p.m. on LPB HD.

If you love how-to shows of cooking, crafts, gardening, travel, etc., then you'll love the 24/7 programs on **Create**, LPB 3. **Create** is available free over the air with a digital antenna or through some cable providers (check the higher numbered channels).

I hope you have a chance to enjoy some of these resources.

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