



Happy Fall from the DAYS Team!

We hope your summer was the best it could be and that you are settling into a new school year routine.

We know this remains a year like no other. While remote learning and social distancing may have caused some changes to your fall plans, the DAYS Team wants to continue to be a resource for your family. With that in mind, we are sharing some of the latest research on how COVID is affecting children and families and also offering suggestions for safe ways to enjoy the season! Our own research remains as important as ever, as we want to understand how the pandemic is affecting youth wellbeing during the pivotal transition to adolescence. We're happy to report that study activity has resumed under new safety guidelines, and that we are successfully bringing kids in for their annual visits. We hope to see some of you soon! In the meantime, please don't hesitate to let our staff know if you need help or referral of any kind during this challenging time.

Sincerely,
The DAYS Team

Fall Fun

- Check out [FunWithKidsinLA.com](https://www.funwithkidsinla.com) for a list of pumpkin patches that are enforcing social distancing!
- See a spectacular display of jack-o-lanterns at the "[Nights of the Jack](#)" drive-thru Halloween experience in Calabasas!
- For at-home DIY Halloween craft ideas, visit [GoodHousekeeping.com](https://www.goodhousekeeping.com)



COVID-19 Mental Health Research

UNIVERSITY OF OREGON -- RAPID



The Rapid Assessment of Pandemic Impact on Development - Early Childhood at U of O found that the pandemic led to immediate increases in mental health difficulties in families with young children. Visit uorapidresponse.com for regular updates in the study's research findings.



THE CORAL STUDY

The COVID-19 Risks Across the Lifespan ([CORAL](#)) study examines how the pandemic is affecting people of ages 11+ in the UK, US, and Australia. The researchers' goal is to understand how changes in everyday life due to COVID-19 have impacted people's wellbeing, social connections, and mental health.