

Alternative/At-Home Child Care Resources for Families

(Provided by GCDSE, March 2020)

Tips for Families: Coronavirus (self-care, at-home play, talking about Coronavirus with toddlers, importance of self-care, and more):

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

At-Home Activity Guide (toy rotation, parent-child play, physical play, quiet play, thinking about your daily routine):

<https://www.zerotothree.org/resources/3264-at-home-activity-guide>

42 Indoor Activities with Toddlers:

<https://www.whatdowedoallday.com/indoor-activities-for-toddlers/>

Video-Activities to Do with Toddlers:

<https://www.bing.com/videos/search?q=At-Home+Activity+for+toddlers&qpv=At-Home+Activity+for+toddlers&FORM=VDRE>

Dealing with school and childcare closings:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

An introductory NCHAM Tele-Intervention 101: Families course for families interested in learning more about receiving therapy services via Tele-Intervention (TI):

http://www.infanthearing.org/ti101/families/main_content_welcome_and_introduction_05_welcome.html

QUESTIONS AND ANSWERS ON PROVIDING SERVICES TO CHILDREN WITH DISABILITIES DURING THE CORONAVIRUS DISEASE 2019 OUTBREAK:

<https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-covid-19-03-12-2020.pdf>

Talking to children about COVID-19:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

[Helping Your Preschool Child](#): How well children will learn and develop and how well they will do in school depends on a number of things, including their health and physical well-being, social and emotional preparation, and language skills and general knowledge of the world. This booklet highlights techniques parents can use to encourage their children to develop the skills necessary for success in school and life by focusing on activities that make learning fun. [en Español PDF](#) (725K)

[Put Reading First: Helping Your Child Learn to Read, A Parent Guide](#): What parents can do at home to help young children become better readers, and what parents should expect to see at school.

[Reading Tips for Parents](#): How to help children get ready to read and learn, what to look for in early reading programs, simple strategies for creating strong readers, and five components of reading.

[Typical Language Accomplishments for Children, Birth to Age 6—Helping Your Child Become a Reader](#): Learning to read is built on a foundation of language skills that children start to learn at birth—a process that is both complicated and amazing. Most children develop certain skills as they move through the early stages of learning language.

[If You Think There's a Problem—Helping Your Child Become a Reader](#): When a child is having a language or reading problem, the reason might be simple to understand and deal with or it might be complicated and require expert help. [Full Text in English](#) [En Espanol](#)

[Tool Kit for Hispanic Families](#): How to help your child succeed in school and resources that can help.

There's a lot of news coverage about the outbreak of COVID-19 and it can be overwhelming for parents and frightening to kids. **The American Academy of Pediatrics encourages parents and others who work closely with children to filter information and talk about it in a way that their child can understand.**

These tips can help:

- **Simple reassurance.** Remind children that researchers and doctors are learning as much as they can, as quickly as they can, about the virus and are taking steps to keep everyone safe.
- **Give them control.** It's also a great time to remind your children of what they can do to help – washing their hands often, coughing into a tissue or their sleeves, and getting enough sleep.
- **Watch for signs of anxiety.** Children may not have the words to express their worry, but you may see signs of it. They may get cranky, be more clingy, have trouble sleeping, or seem distracted. Keep the reassurance going and try to stick to your normal routines.
- **Monitor their media.** Keep young children away from frightening images they may see on TV, social media, computers, etc. For older children, talk together about what they are hearing on the news and correct any misinformation or rumors you may hear.
- **Be a good role model.** COVID-19 doesn't discriminate and neither should we. While COVID-19 started in Wuhan, China, it doesn't mean that having Asian ancestry – or any other ancestry – makes someone more susceptible to the virus or more contagious. Stigma and discrimination hurt everyone by creating fear or anger towards others. When you show empathy and support to those who are ill, your children will too.
- **Stay informed.** Families are encouraged to stay up to date about this situation as we learn more about how to prevent this virus from spreading in homes and in communities.

Sesame Street Resources:

[My Healthy Week!](#)

[How to Wash Your Hands](#)

[H is for Handwashing](#)