

Parenting Resources for Families with Young Children During COVID

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For more information on these or additional resources, please contact:

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Parenting

- **Parenting for Lifelong Health:** Multilingual Parenting Tip Sheets [COVID-19: 24/7 Parenting](#) in many languages
- **Sesame Street in Communities:** <https://sesamestreetincommunities.org/>
Spanish: <https://sesamestreetincommunities.org/espanol/>
- **Video “Helpful Tips to Support Families Through COVID-19,”** produced by Successful Innovations, Inc.
<https://vimeo.com/402973917/5cff5abd9f> (English)
<https://vimeo.com/403381966/9746ecc66b> (Spanish)
- **NC Dept. of Health and Human Services:** COVID-19: Individuals and Families
<https://www.ncdhhs.gov/divisions/public-health/covid19/individuals-and-families#resources-and-guidance>
- **National Child Traumatic Stress Network:** [Parent/Caregiver Guide to Helping Families Cope with COVID-19](#)

Parenting and Social-Emotional Health

- **National Association of School Psychologists:** [Helping children cope with changes resulting from COVID-19](#) (English and Spanish)
- **PBS Kids:** How You and Your Kids Can De-Stress During Coronavirus
<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>
- **Child Trends:** Resources for Supporting Children’s Emotional Well-Being during the COVID-19 Pandemic <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>
- **Child Mind Institute:** Every day publishes a video and tip for supporting families through the coronavirus crisis. Also has comprehensive resource page [childmind.org/coronavirus](https://www.childmind.org/coronavirus)
Información en Español: [Suscríbese al boletín en español aquí.](#)
- **Center on the Developing Child:** Guide to COVID19 and Early Childhood Development on stress, resilience & child development <https://developingchild.harvard.edu/guide/a-guide-to-covid-19-and-early-childhood-development/>
- **Be Strong Families:** Webinars - Staying Strong and Positive for Ourselves and Our Children During COVID-19 <https://www.bestrongfamilies.org/covid-19-support> (English and Spanish)

Learning Resources

- **Dept. of Public Instruction – NC Office of Early Learning:** Remote Learning Activities to support learning for children birth-grade 2: <https://sites.google.com/dpi.nc.gov/nck-3fap/remote-learning?authuser=0>
- **PBS Kids Learning Activities:** <https://www.pbs.org/parents>
- **Bright by Text:** Parents and caregivers can text CONNECT to 274448 for educational resources delivered straight to their phones from UNC-TV's free [Bright By Text](#) service.

Supporting Young Children Who've Experienced Trauma

- **Sesame Street in Communities – traumatic experiences:**
<https://sesamestreetincommunities.org/topics/traumatic-experiences/>
Spanish: <https://sesamestreetincommunities.org/topics/eltrauma/>
- **National Child Traumatic Stress Network:** Helping Children with Traumatic Separation or Traumatic Grief Related to COVID-19 <https://www.nctsn.org/resources/helping-children-with-traumatic-separation-or-traumatic-grief-related-to-covid-19>
- **Dr. Nadine Burke Harris: Helping Adults and Children with Trauma During The Pandemic**
https://youtu.be/57EAL_e5Nf0
- **Society of Refugee Health Care Providers:** multilingual videos [Compilation of COVID-19 resources for refugees \(and others\)](#)
- **NC Division of Social Services Foster Family Hotline:** for concerns and complaints about visitation or other issues during COVID-19: 919-527-6340

Mental Health

- **NC Dept. of Health and Human Services:** COVID-19: Managing Your Overall Health
<https://www.ncdhhs.gov/divisions/public-health/covid19/managing-your-overall-health>
- **For North Carolinians: Accessing Mental Health Care for your Family** During the Covid-19 Outbreak:
<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aascds%3AUS%3A460c8ea0-05ab-4f17-9b21-0a0891b6a234>
- **Mental Health America:** online confidential free mental health self-screenings:
<https://screening.mhanational.org/>
- **National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>

Self-Care

- **CDC: Coronavirus Disease 2019 (COVID-19):** [Manage anxiety and stress](#)

- **Zero to Three:** [Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care](#)
- **Relaxing Breath:** <https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>
- **Three Good Things Exercise:** <https://www.midmichigan.org/quality-safety/3-good-things/>
- **Headspace Mini Meditation:** <https://www.youtube.com/watch?v=2awoUfCwXQs>
- **Six Different Types of Grounding Exercises:** <http://www.tothegrowlery.com/blog/2017/4/18/six-different-types-of-grounding-exercises-for-anxiety-intense-emotions>
- **Yoga for Kids:** Cosmic Kids Yoga <https://www.cosmickids.com/>

Advocacy:

- **NC Child:** [COVID-19 Response & Resources page](#) for child advocates (Spanish video)
- **Center for the Study of Social Policy** - Clearinghouse of Resources on the COVID-19 Public Health Crisis <https://cssp.org/our-work/project/covid-19/>

For Providers to Connect with Families:

- **Ready4K** is offering our text-message based family engagement program for free through the end of the school year. <https://ready4k.parentpowered.com/covid.html>
- **Zero To Three:** Coronavirus Resources for Early Childhood Professionals <https://www.zerotothree.org/resources/3291-coronavirus-resources-for-early-childhood-professionals>

Tips for Supporting Foundational Relationships

From David Willis, MD blog: Supporting Foundational Relationships during the Coronavirus Pandemic: An Opportunity for HOPE

What can we do to encourage foundational relationships during the first 1000 days (from conception to the second birthday) – even in this period of social distancing?

- **Reach out often, consistently and predictably.** Even a short call or video chat that comes consistently can make a family feel more secure, enabling improvements in their relationship with their baby and toddler.
- **Inquire about a parent’s feelings about their relationship with their young one. “What are you and your baby discovering about each other?”** You will hear of uncertainty, confidence, joys and fears. When a parent feels “heard,” without judgment, their

emotional confidence grows. Listening is the key characteristic of support – a simple “I understand” works wonders.

- Relational health spreads by social connections. **Encourage parents to connect with someone at least daily.** Social connections reduce stress for everyone involved and counters attitudes like “I don’t need anyone,” or “No one really cares.”
- **Routines matter for both the caregiver and young child.** Daily routines are calming and organizing for both parent and child. Toddlers thrive with routine mealtimes, playtime, naps, and bath time. The sequence is more important than exact timing.
- **Keep your toddler close: “30 hugs a day,” promotes good behavior.** Toddlers need lots of attention. Parents should offer it freely, or the toddler will misbehave to get it! Toddlers like to imitate and to be helpers. Engaging them in little tasks keeps their attention. Participation and cooperation develop from these frequent interactions. Talking together, singing together and doing anything fun together build foundational relationships.
- **Reading together** is a deeply relational process. The shared attention, turn-taking, serve-and-return and “negotiations” are fabulous for building relationship, attention, social-emotional health and joy. Reading with their children helps parents with their own stress: the joy of the moment is key, even when the same book is “read” a hundred times.
- **With infants and toddlers, its “all-in.”** Infants and toddlers develop engagement, cooperation, sensitivity and confidence from the investment of adult caregiver attention. They build social-emotional and social-behavioral skills through practice with their parents.
- **Be kind to yourself. Every parent has good and bad days:** savor the moments of joy when they happen, and be patient with yourself when they don’t. Sharing ups and downs builds the child’s lifelong capacity for meaningful relationships.