

Corona Pandemic Links for staff and families

This document is a collaborative effort to organize coronavirus resources links that may be helpful for staff and families. Some links are also for general ongoing enhancing skills in working with children and families.

We are not recommending sharing this entire document with families, but find ways to share information a little at a time to prevent overwhelming families.

Please feel free to add a category heading and links underneath.

Links within this document:

Coronavirus CDC and Head Start links

Coronavirus links supporting wellness, self-care and mindfulness during Corona Head Start webinars

Head Start ECLK and resources for professionals working with families:

<https://eclkc.ohs.acf.hhs.gov/physical-health/article/coronavirus-prevention-response>

<https://eclkc.ohs.acf.hhs.gov/publication/parents-guide-digital-tools-support-childrens-learning>

<https://eclkc.ohs.acf.hhs.gov/publication/providers-guide-digital-tools-support-childrens-learning>

Text program family services information:

<https://eclkc.ohs.acf.hhs.gov/family-engagement/article/text4familyservices>

Text program for teachers:

<https://eclkc.ohs.acf.hhs.gov/teaching-practices/article/text4teachers>

Online Trainings for Staff (EHS & HS)

IMH Free trainings

<https://www.ct-aimh.org/online-training-modules/?fbclid=IwAR0rPB8fpJWY3ZKQqF1ywZO3h7tmt7zVxuTM1yDMSOVk04H9Bj0JNjN7Ygw>

<https://first3yearstx.org/free-online-courses/?fbclid=IwAR2sffhQADgcvGLWe6qn-EONEwi0hj0aq6W4yVbERAWel6nPv0Ofyt29Xps>

Family Engagement in Early Care and Education Learning Series | ECLKC

The National Center on Parent, Family, and Community Engagement, in collaboration with the EarlyEdU Alliance®, has developed a series of modules about engaging families in early childhood settings. The six modules are rooted in relevant theory and practice. [Eclkc.ohs.acf.hhs.gov](https://eclkc.ohs.acf.hhs.gov)

<https://eclkc.ohs.acf.hhs.gov/family-engagement/article/family-engagement-early-care-education-learning-series>

Center for Resilient Children:

<https://centerforresilientchildren.org/dcrcblog/>

Committee For Children:

<https://www.cfchildren.org/podcasts/>

<https://www.secondstep.org/covid19support>

How to talk with children about Corona:

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

<https://www.nytimes.com/2020/03/18/opinion/coronavirus-children.html>

Child learning, Routines and Activities during Corona:

<https://www.goodmorningamerica.com/family/story/kids-busy-coronavirus-quarantine-69531272>

Lunch Doodles with Mo Willems - daily readings at 1:00

<https://www.kennedy-center.org/education/mo-willems/>

Free storytime...

<https://laist.com/latest/post/20200316/virtual-storytimes-celebrity-author-readings>

Cosmic Kids: Yoga and mindfulness for kids ages 3+

https://www.youtube.com/user/CosmicKidsYoga?te=1&nl=nyt-parenting&emc=edit_ptg_20200318&campaign_id=118&instance_id=16854&segment_id=22344&user_id=8c5fb51a3f2ebb496bb24c77b0d3bc9a®i_id=7614952420200318

Center for Healthy Minds:

<https://centerhealthyminds.org/news/covid-19-and-our-common-humanity>

Kahn Academy:

<https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures->

Social Isolation during Corona:

<https://www.vox.com/2020/3/10/21171481/coronavirus-us-cases-quarantine-cancellation>

Balancing Working at Home:

<https://www.goodmorningamerica.com/living/story/working-home-amid-coronavirus-best-tips-productive-69534622>

Webinars related to Corona:

<https://www.earlychildhoodwebinars.com/webinars/bracing-for-covid-19-what-early-childhood-programs-need-to-know-and-consider-now/>

Mental health; Self-Care; Reducing stress and anxiety during Corona:

<https://www.mindful.org/how-to-stop-breathe-listen-and-connect-during-the-covid-outbreak/>

<https://nypost.com/2020/03/18/staying-calm-during-coronavirus-therapists-share-their-personal-stress-busting-tips/>

Mindfulness during the coronavirus: Harvard professor's tips to help lower anxiety

<https://abcn.ws/38HQ3yE>

<http://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

<https://www.mindful.org/covid-anxiety-is-also-contagious-heres-how-to-calm-down-america/>

<https://techcrunch.com/2020/03/18/meditation-apps-offer-free-mindfulness-as-social-distancing-takes-a-toll/>

<https://www.simplehabit.com/explore-meditations>

Positive Psychology Crisis Kit:

<https://positivepsychology.com/the-crisis-kit/>

Budget Conscious Cooking:

Cleaning and household care during Corona:

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

Exchange Everyday Corona resources:

<https://info.childcareaware.org/blog/coronavirus-updates-and-resources-for-child-care-providers-and-crrs>

World Health Organization:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Google Do the 5:

<https://www.google.com/search?q=coronavirus+tips&fbx=dothefive>

