

Resources for Families and Providers

Resources to Support the Social & Emotional Development of Young Children

Families, teachers, schools and communities have all been affected by the COVID-19 pandemic. Many child care programs and all public schools in Florida have closed with families attempting to provide learning opportunities for their children at home. Stressful situations have become the norm for some families such as those who have experienced loss of jobs, reduced or loss of income for one or both parents, lack of extended family support and the experience of being quarantined with little or no access to time outside their homes. This may lead to undue stress and emotional distress for adults and children. Infants, toddlers and preschoolers may not understand why their schools are closed, their parents are upset or why they cannot visit their grandparents or friends. Mental health experts warn that this may lead to unreported child abuse or neglect and advise those who have contact with families to provide resources that help parents focus on their social and emotional well-being as well as the social and emotional well-being of their children.

The resources provided in this edition of CCR&R Resources will address the social and emotional well-being of families and are available online.

The screenshot shows a banner for 'Resources for Professionals: Coronavirus' on the Zero to Three website. The banner features a photograph of a child's hand being held by an adult's hand. The text on the banner includes the Zero to Three logo, the title 'Resources for Professionals: Coronavirus', the subtitle 'Be the best resource you can be in a time of need.', and a 'VIEW RESOURCES' button. To the right of the banner, the text 'Zero to Three' is displayed in a large, bold, blue font with underlines.

What you'll find on Zero to Three:

Collection of free, expert resources for teachers and families with children birth to three years

- Specific [COVID-19 resources](#) that is continuously updated .
- Learn ways families can support [social-emotional development](#) in their children from birth through age three.
- Subscribe to a monthly [e-newsletter, From Baby to Big Kid](#), that offers science-based information on how children learn and grow each month from birth to age 3.



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Association for
the Education
of Young
Children**

naeyc

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Social and Emotional Development



What you'll find on NAEYC:

- [***Building Social and Emotional Skills at Home***](#) offers families ideas to support their children's social and emotional development.
- [***Positive Parenting Approaches***](#) encourages parents to use an approach to parenting that is sensitive to their children's individual needs and addresses the typical challenges that arise in early childhood with empathy and respect.
- [***COVID-19 Resources***](#) has relevant resources for child care providers and families.

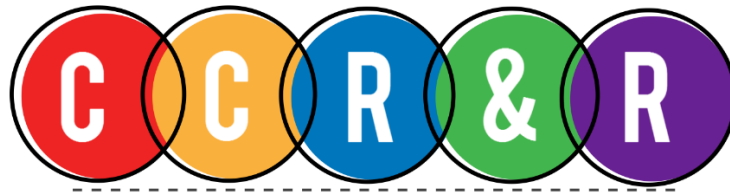


**Harvard
Center
on the
Developing
Child**



What you'll find on The Harvard Center on the Developing Child:

- Article on stress and the COVID-19 Pandemic, [***Stress, Resilience, and the Role of Science: Responding to the Coronavirus Pandemic***](#)
- Podcasts with information for families and child care providers: [***A Different World***](#) and [***Self Care Isn't Selfish***](#)
- Article on [***Supporting Children and Yourself***](#) [***PDF***](#) [***Spanish PDF***](#)



Resources for Families and Providers

PBS for Parents

EMOTIONS & SELF-AWARENESS
SOCIAL SKILLS CHARACTER

How to Talk to Your Kids About Coronavirus

Mar 6, 2020



What you'll find on PBS for Parents:

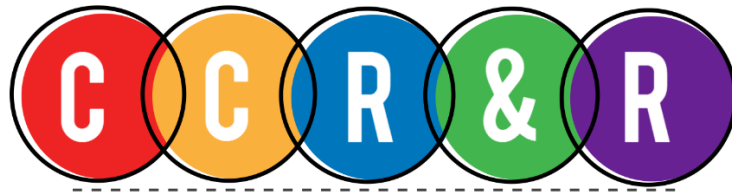
- An article on [How to Talk to Your Kids About the Corona Virus](#)
- How to sign up for PBS Kids Daily, an e-newsletter to stay informed of new or upcoming resources and tips and activities for parents to use to support their children's learning at home - [Subscribe to PBS Kids Daily](#)
- An article on [Kids Regressing? Help Them Cope with Stress During Coronavirus](#)
- Ways to help children develop a strong emotional toolkit: [Emotions and Self Awareness](#)



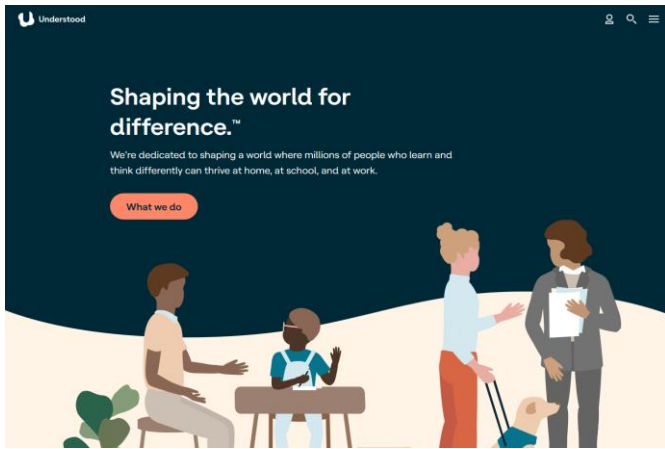
Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

What you'll find on Centers for Disease Control and Prevention:

- Information for families on ways to [reduce stress and cope](#) during the pandemic
- Ways to [support your child](#) during the COVID-19 outbreak
- Learn about the [factors that influence the emotional impact on children](#)
- [Guidance for Schools and Child Care](#)



Resources for Families and Providers



Understood.org **A website that offers support to families who have children with different abilities**

What you'll find on Understood.org:

- [Tools for home and school](#) to make the health crisis easier to manage, especially for children and adults with learning differences or disabilities
- [COVID-19 Resources and Support](#)
- [Updates and tips](#) will be provided on issues that impact learning, special education, and talking with children
- [Learning at Home Resources for Families](#)

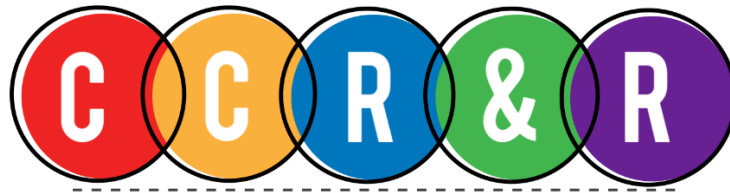
Inside SEL Social & Emotional Learning



INSIDSEL
SOCIAL & EMOTIONAL LEARNING

What you'll find on Inside SEL:

- [Adult Self-Care Tips](#)
- [Diversity, Equity & Inclusion](#)
- [Parenting Resources](#)



Resources for Families and Providers

Sesame Street



Caring for Each Other

What you'll find on Sesame Street:

- Ideas to help families find ways to [face each day with optimism and hope](#)
- Videos such as [Monster Meditation](#) to help calm children
- A [newsletter](#) to learn about new resources from Sesame Workshop
- [Activities](#) to help children stay socially connected, even when they are physically apart
- [Healthy routines](#) to help the whole family
- [Activities to support children's learning](#) at home (Parents are the most important factor in their children's growth and healthy development.)
- [Caring for Each Other](#) resources to use all day long to spark playful learning and offer children comfort (It is important that parents and providers take care of themselves, so that they can best care for their families.)
- Activities and resources to help young children [build resilience](#) (Giving children the tools to overcome obstacles and everyday challenges is the first and most important step in helping them develop self-confidence.)
- Information and activities to help children who have been exposed to [traumatic experiences](#) learn coping strategies and resilience-building techniques





Resources for Families and Providers

Turnaround For Children

TURNAROUND FOR CHILDREN

Stress and the Brain

OBJECTIVE: Educators will understand the impact of stress on the developing brain.

PURPOSE: A deep understanding of how adversity and stress can affect the brain creates the foundation for supporting healthy, whole-child development.

What you'll find on Turnaround For Children:

- Resources for the three Rs, [relationships, routines and resilience](#)
- Information on the effects of [stress on a child's developing brain](#)
- A podcast, 180 Podcast episode: [Coronavirus: Keeping Our Children And Ourselves Safe, With Pamela Cantor, M.D.](#)
- [Tips for parents and caregivers](#) for reassuring children during COVID-19

R	R	R
RELATIONSHIPS	ROUTINES	RESILIENCE
<ul style="list-style-type: none">Group activities—games, cooking, etc.Connect with teachers and peersGive to others in need	<ul style="list-style-type: none">Eat meals togetherExercise at least 20 minutesHold family COVID meetings	<ul style="list-style-type: none">Co-regulate emotional responses to stressLimit mediaFollow established routines



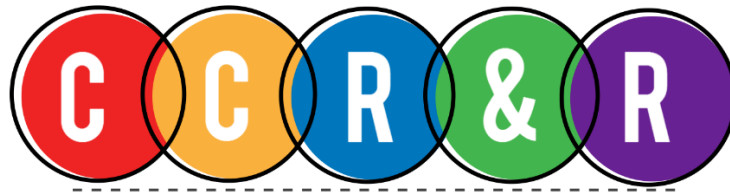
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CONTACT BLOG

DAILY SEL LESSON

What you'll find on Collaborative Learning Solutions:

- Daily Social and Emotional Learning ([SEL](#)) [lesson](#)
- Information on [self-awareness](#) and [self-care](#)
- Ways to manage [stress and anxiety](#)



Resources for Families and Providers

NCTSN

The National Child
Traumatic Stress Network

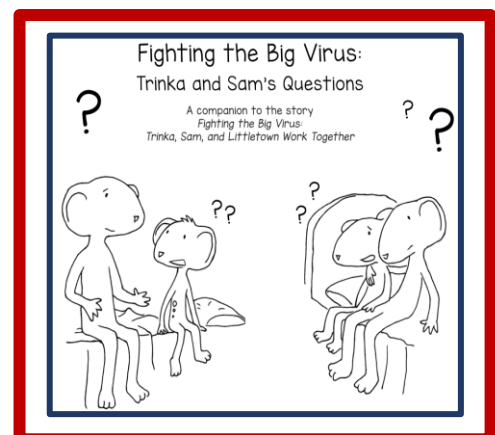
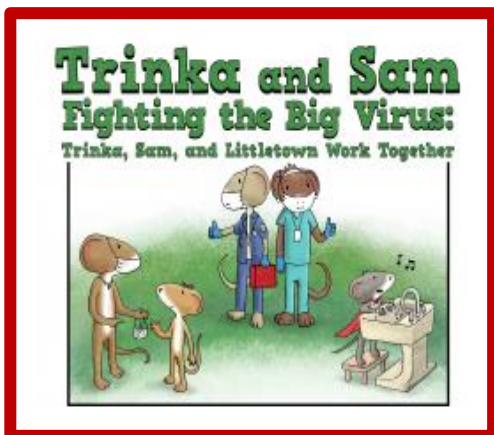


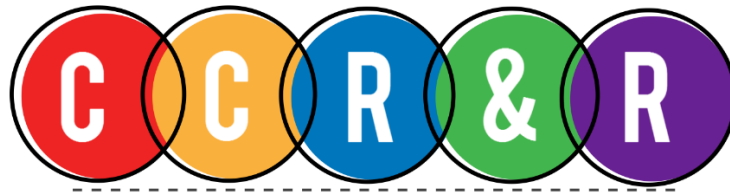
What you'll find on the National Child Traumatic Stress Network:

- A Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease:
<https://www.nctsn.org/print/2251>
- A variety of flyers and guides on trauma and the effect it has on families and children:
<https://www.nctsn.org/trauma-informed-care/families-and-trauma>

Information on the [effects of trauma on family relationships](#)

- Symptoms of traumatic stress in children
- A downloadable book for children, [Trinka and Sam Fighting the Big Virus](#)
- A downloadable booklet with questions and answers for children to color that is a companion to the story, [Fighting the Big Virus, Trinka and Sam Fighting the Big Virus](#)





Resources for Families and Providers



What you'll find on Frameworks:

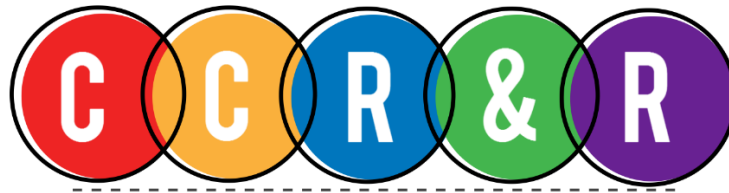
- Social and emotional learning resources for [parents](#) and [teachers](#)
- A [webinar for parents](#) to share purposeful strategies for support of their children's social and emotional development
- A weekly SEL Community Newsletter with tips and strategies to provide support for families during COVID-19 available in English and Spanish
 - Week 1 – [Social and Emotional Learning and Difficult Situations \(Spanish\)](#)
 - Week 2 – [Social and Emotional Learning and COVID-19: Staying Connected \(Spanish\)](#)
 - Week 3 – [Practicing Self-Management During COVID -19 \(Spanish\)](#)
 - Week 4 – [Permission to Feel: Self-Awareness and Social Awareness During COVID-19 \(Spanish\)](#)
 - Week 5 – [Prioritizing Wellness: Responsible Decision Making During COVID-19 \(Spanish\)](#)
 - Week 6 – [Taking Time to Reflect During COVID-19 \(Spanish\)](#)

Parents & Guardians

SEL Strategy:
Take Time to Talk

Community Members

SEL Strategy:
Practice Self-Care



Resources for Families and Providers

vroom
Brain building moments

What you'll find on Vroom:

- [New Calm and Connect Tips](#) to help families and caregivers focus on reducing stress and building strong bonds with their children
- Weekly Vroom videos on [Facebook](#) ([Video from April 15, 2020](#))
- [COVID-19 Resources](#) from Vroom
- The Reflective Teacher Podcast- [Discussion of Life Skills](#) by Vroom Chief Science Officer and author of Mind in the Making, Ellen Galinsky
- [At-Home Tip Sheets](#) ([Spanish](#))



FLORIDA DEPARTMENT
OF CHILDREN AND FAMILIES
MYFLFAMILIES.COM

"Take a Break"
to Prevent
Child Abuse and Neglect

What you'll find on Florida Department of Children and Families:

- Resources to learn about safe sleep for infants and babies in the [Safe sleep toolkit](#)
- Information for parents to help them [cope with their baby's crying](#)
- Ways parents can [create a loving bond](#) with their baby
- [Concrete supports](#) for families in times of need
- [Tips for managing stress](#) for parents and caregivers



Download the
Positive
Parenting Guide



4 things coalitions can do with these resources:

1. Share the available resources with teachers, providers and families. Provide suggestions to providers and coalition staff on ways to encourage families to use the resources to support their children's social and emotional development during the COVID-19.
2. Use these resources in their newsletters or provide links to the resources on their websites to emphasize the importance of a family's role in the social and emotional development of their children.
3. Emphasize positive communication with providers and families. Make available some of the activities and resources from [Vroom](#) to support their children's learning at home.
4. Encourage providers to send a weekly or monthly newsletter with information for families on resources and activities to support the social and emotional development of their children or use the [Parents' Pages](#) from the Office of Early Learning (OEL) as their newsletter for parents. Providers may put their logos with the OEL logo on the newsletters.

4 things providers and families can do with these resources:

1. Use the resources to help their children understand all of the changes that have occurred due to COVID-19.
2. Find daily activities to use that support the social and emotional development of their children.
3. Identify a variety of tools, activities, websites and videos they can use daily to help their children feel safe and secure and enjoy the activities that support their social and emotional development.
4. Subscribe to some of the weekly or monthly newsletters included in the resources to receive new, updated activities to support their children's social and emotional development.