

**4C HEAD START & EARLY HEAD START**

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# **Family Resources During the Pandemic**

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Head Start and Early Head Start teachers and specialists have a virtual plan in place to remain connected with you and your children during the COVID-19 pandemic. Teachers, Family Advocates, and Specialists will continue to provide educational resources, interactions, and support daily.

- What you need to know about coronavirus, [English](#) | [Spanish](#)
- What to do if you are sick with COVID-19, [English](#) | [Spanish](#)
- Resources related to COVID-19, [click here](#)
- Share facts about COVID-19, [click here](#)
- How to prevent respiratory diseases, [English](#) | [Spanish](#)
- Family resources, [click here](#)
- Harvest Time International, [click here](#)

In addition to direct contact through phone, text, and email, we encourage you to LIKE the [4C Florida Head Start Facebook page](#) and follow daily for additional tips and resources.

# Educational Resources

- Activity calendar, [click here](#)
- Birth-2 instructional contingency plan, [click here](#)
- 3-5 early childhood instructional continuity plan, [click here](#)
- COVID book, [English](#) | [Spanish](#)
- Handwashing, [click here](#)
- [PBS KIDS](#) and [PBS LearningMedia](#) are offering tools to help support learning at home, including educational videos and games from favorite series, and related skill-building offline activities.
- Crayola offers free daily printable activity sheets and videos or easy at-home projects to do with your child. To learn more, [click here](#).
- Parents can encourage their children to help in the kitchen in order to cultivate each child's curiosity and use quality time as an opportunity to teach children about healthy foods. To learn more, [click here](#).
- NASA Kids' Club helps children in pre-K through fourth grade learn the ins and outs of NASA's missions using hands-on educational games. There's also a "Now in Space" slideshow that introduces budding astronauts to the crew currently orbiting Earth on the International Space Station, [click here](#).
- Thousands of free virtual art lessons available for you and your families to enjoy, [click here](#).
- Parents can help their school-age children make their own books using Book Creator's 90-day free tutorial, which lets kids write and illustrate their own creations, [click here](#).
- Cosmic Kids Yoga provides a much-needed activity break — think of it as a replacement for recess, if necessary — with characters, playfulness, music, and, of course, yoga. It's free on YouTube. Moana, Harry Potter, and Frozen-themed yoga included. To learn more, [click here](#).
- The Smithsonian Museum offers virtual tours of their current and permanent exhibits, Take a closer look at some amazing parts of history from your own home, [click here](#).

## More Resources

- **Orange County COVID-19 Rental Assistance Program:** Orange County Government has made available this one-time benefit for Orange County residents who qualify. The COVID-19 Rental Assistance Program will provide assistance with one month's rent, so residents will be able to use their limited funds on other necessities. You **MUST** call for an appointment in order to bring the necessary documents. Call 407-836-6500 for additional information.
- **Seminole County Rental Assistance Program:** Community Assistance has removed some of the requirements to assist those residents affected by COVID-19. If you are experiencing a financial hardship due to an employer and/or school closures and are seeking rental assistance, submit an application for assistance to [www.seminolecountyfl.gov/apply4help](http://www.seminolecountyfl.gov/apply4help). The requirement of on-going management and a two-year waiting period has been waived during this time. For more information, please call 407-665-2300.
- **Christian Service Center for Central Florida:** Offers food, clothing, rental/utilities, and shelter assistance in addition to counseling. For more information on how to access these resources, [click here](#).
- **Primary Care Access Network:** PCAN is a collaboration among Orange County Government, primary health care centers, community agencies, hospitals, and other social services to serve underinsured and uninsured populations. If your insurance has been affected by COVID-19, Covering Central Florida Navigators will explain your options regarding Marketplace, Medicaid, KidCare and COBRA and help you enroll in the option that is best for you and your family. To learn more, [click here](#).
- **ACCESS Updates:** For updates related to ACCESS, child welfare, child care, mental health services, and adult protective services, please visit the [DCF COVID-19 update website](#).
- **Free Meals:** The Florida Department of Agriculture and Consumer Services activated its Summer BreakSpot website, where families can find free meals for children under 18 during the current coronavirus school closures. to find meal locations, [click here](#). School districts are also making free meals available to students. For more information, click Orange, Osceola, or Seminole.
- **Human Crisis Center:** Offers a free food pantry every Monday/Wednesday/Friday from 10 a.m. to 3 p.m. Available for specific zip codes in Orange, Osceola, and Seminole County. Call 407-521-7750 to find the nearest location.

- **UP Orlando:** Offers a grocery program available six days a week to qualified families. For more information on qualification guidelines, [click here](#).
- **Diaper Bank of Central Florida:** Aims to ensure every newborn, infant, and toddler in our community is supplied with the most basic need-diapers. For more information, [click here](#).
- **Free Spectrum Broadband and Wi-Fi:** Charter Communications offers free access to Spectrum Broadband and Wi-Fi for 60 days for new Kindergarten-Grade 12 and College Student households. To learn more, [click here](#).
- **NHSA COVID-19 Policy Resources for Parents and Caregivers:** Provides resources to learn how you can help families access federal aid during this challenging time, [click here](#).
- **Justshelter.org:** It offers information on local organizations that can provide advice to renters in distress. To learn more, [click here](#).
- **Eviction Lab:** Princeton University's Eviction Lab has published a list of local and regional actions to pause evictions of renters. To learn more, [click here](#).
- **Kinder Konsulting:** Practice uses telehealth to continue family support services, [click here](#).

For more resources related to Coronavirus, [click here](#)

Head Start and Early Head Start are here to provide continuous support and partner with families as together we build a strong foundation for every child.

**[FOLLOW US ON THE 4C FLORIDA HEAD START FACEBOOK PAGE](#)**

To learn more about 4C Head Start & Early Head Start, [click here](#).