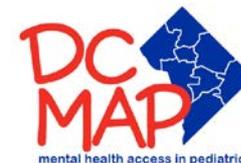


*This is a challenging time for us all, but our kids and families are resilient.
As a community, we can support each other and help our kids feel safe and thrive.*

Tips to Help Support Your Family:

- **Stay connected!** Talking to loved ones and friends helps to boost positive energy and reduce feelings of isolation.
- **Reach out to your child's school** to find information and tips on distance learning and plans if your child receives additional services at school including meals or therapeutic services.
- Kids thrive with **routines and consistency**. Create a daily family schedule and keep bedtime consistent.
- **Create a Family Happy List**. Take some time to do the things that bring you and your kids joy and comfort, such as reading, watching movies, listening to music, playing games, and exercising.
- **Stay active!** Kids have a lot of energy. Plan times throughout the day to help your kids their wiggles out. Find kids exercise and yoga videos or put on some music and dance.
- **Provide a safe space for kids to ask questions**. While kids may not understand everything, they are smart and are aware of change. It's okay to not know all the answers. Providing them with concrete, age appropriate information can help to address any fears.
- **Shift expectations and priorities**. Focus on being flexible and kind to yourself and family during this time of change.
- **Give yourself small breaks and practice self-care**.
- Model **positive self-talk**. Examples include "We will get through this. We are all doing our part together."
- **Recognize** that feelings such as loneliness, boredom, anxiety and stress are normal reactions that you and your family may feel. Get additional support from resources in the community.

(Modified from Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19), National Child Traumatic Stress Network)



ECIN
Early Childhood
Innovation Network

Community Benefits

- National Health Law Program- [Resource guide](#)
- [Comcast Free Access to Internet](#)
- Virginia Williams (Family Homeless Intake Center) is closed.
 - Families needing shelter must call 311 or 202-399-7093 for shelter intake.
- DC Superior Courts are suspending most evictions and foreclosures, continuing most civil cases
- Food Access Information
 - [Meal Locations for Children in DC](#)
 - [Emergency Food Access](#)

Community Mental Health Support

- [Answering Your Child's Questions](#)
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- [Talking to Kids about COVID-19](#)
- [COVID-19 FAQs for Kids](#)
- [Parenting In The Time Of Coronavirus: How To Balance Working From Home While Caring For Kids](#)
- [Manage Stress & Anxiety](#)
- [DC Behavioral Health Services](#)
- You can call your insurance company using the phone number on the back of your insurance card and ask your insurance company if they will cover telemedicine visits.

Online Learning

- [How can Khan Academy be used for remote learning during school closures?](#)
- [Supporting Students Away from School: Resources for Educators and Families Online Story](#)
- [Storyline Online](#)
- [Everyday Life Activities](#)
- [Online Museum World Tour](#)
- [Virtual Field Trips](#)
- [Scholastic Learn From Home](#)
- [At-Home Activity Guide](#)
- [How to Show Children Why Using Soap is Important](#)
- [Kid Activities to Encourage Creativity](#)
- [Teach Your Monster to Read-](#) Free online reading app

Not Sure What's Accurate & What Isn't?

Here is Where You Can Find Accurate Information:

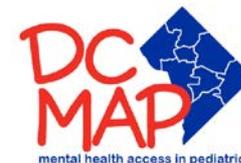
- [Centers for Disease Control and Prevention](#)
- [World Health Organization](#)
- [DC Government](#)
- [Children's National Hospital](#)
- [American Academy of Pediatrics](#)

The ACCESS Helpline has added a "warm line" of clinicians who are available to discuss coronavirus-related concerns with District residents in addition to its usual services connecting families to care. Call the **ACCESS Helpline: 1(888)7WE-HELP or 1-888-793-4357**

Ways to Help Your Community

Donate or Volunteer

Reach out to us at **info@ecin.org** if you need more information or ideas.



ECIN
Early Childhood
Innovation Network