



## Resources for Parents During the Covid-19 Pandemic

What follows is a list of resources compiled by Invest in Children to aid parents and other caregivers in teaching, playing and communicating with their young children during this crisis. You are the expert on your child. We hope these resources will help guide and support you through this difficult time.

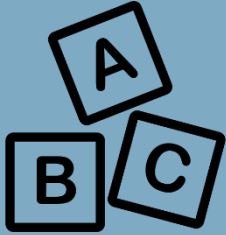
### Talking to Your Young Child about Covid-19:



Even if your child is too young to ask questions, they may notice changes to your daily routines and life. Talking to children in a simple and age-appropriate way about Covid-19 will support their safety and connection to you!

- [ReadyRosie](#): Healthy at Home is a free toolkit and resource to support families with young children with COVID-19 information and resources.
- Zero to Three has developed some [simple and age-appropriate answers to common questions](#) your young child may have about Coronavirus.
- The Fred Rogers Center for Early Learning and Children's Media at Saint Vincent College offers the following [suggestions](#) on how to talk to young children about the Coronavirus.
- The American Academy of Pediatrics is encouraging all caregivers working closely with children to filter information and talk about it in a way that their child can understand. These [tips](#) can help!
- [PBS for Kids](#): A collection of PBS Kids Videos and games that discuss general wellness habits, like handwashing, in fun and kid-friendly ways. Includes tips for parents on how to address children's concerns about Coronavirus.

## Supporting your Child's Learning at Home:



You are your child's best and most important teacher! The best way for young children to learn is through play. Check out the Early Learning Resources below for all the ways that you and your child can have fun with learning together.

### Best Practices for Learning at Home

**Create a Home Schedule:** Schedules and routines can help young children feel secure, especially during a transition. Visual schedules can be powerful when used at home to help your child predict what to expect each day. Check out a great example of a visual morning routine [here](#) or [here](#).

### Early Learning Resources

**ReadyRosie** - Modeled moment videos demonstrate fun, easy activities that families can do at home and on the go to support their child's learning. Check out these fun videos on [CuyahogaKids.org](http://CuyahogaKids.org).

**Storyline Online** - The SAG-AFTRA Foundation's Online Library of Read Alouds by various actors and actresses

**Vroom** - activities to support your child's brain development from birth-5.

**Ready4K** - free tutoring and information for families during COVID-19 school closures. Cuyahoga County families can receive access to Ready4K's text-based parenting curriculum by texting **Ready4K** to **70138**.

**Scholastic Learn at Home** - free access to Scholastic learning materials for children PK-9. These include various books, activities, and even virtual field trips!

**Florida Center for Reading Research Reading activities for Pre-K**

**Child Trends** - resources to support young children's emotional health.

### Supporting your Child's Learning at Home:

#### Early Learning Resources cont...

LENA – **Talking Tips, songs and rhymes** to keep you and your little one talking and laughing!

**Bedtime Math** - posts daily math problems for families to build mathematical literacy. Just 5 quick minutes of number fun for kids and parents at home. Read a cool fact, followed by math riddles at different developmental levels so everyone can jump in! The “Wee Ones” activities are perfect for children 3-5.

**GoNoodle** - Movement lessons and activities.

**Let's Get Moving:** Music and movement activities to get your preschooler movin' and grovin'.

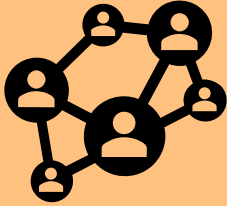
### Parent Resources and Self-Care:



**As adults and caregivers, our lives have been turned upside down with changes. Now, more than ever, it is important to take time for self-care. Effectively coping with stress can help make you and your family stronger.**

- Zero to three offers tips on how to keep your self-care a priority during this challenging time.
- Psychology Today offers parents 12 ways to Effectively Parent During a Crisis.
- The Centers for Disease Control and Prevention recognizes that the Covid-19 outbreak may leave caregivers feeling anxious, stressed, and overwhelmed. These feelings are normal. Supports are available.
- To reach the The Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board of Cuyahoga County's 24-hour Suicide Prevention, Mental Health/Addiction Crisis, Information and Referral Hotline, call: **216-623-6888**.

## Local Information and Resources:



**News to stay informed and advice to stay safe: the latest news around the state of Ohio, throughout Cuyahoga County, and in Cleveland. Local resources to support your family.**

### Local Information:

- The [Ohio Department of Health](#) can help connect you with the latest news related to the coronavirus in Ohio and the nearest Health Department.
- The Cuyahoga County Board's [website](#) has provided the best practices to reduce the risk of exposure.
- [Code Red Emergency Notification System](#): All residents of Cuyahoga County should sign up for CodeRed, the emergency notification system used by the county and its municipalities. Get real time text messages, phone calls, or e-mails when important events occur.
- For Cleveland-related updated, check [the City's Department of Public Health's website](#).

### Local Resources:

- [United Way 2-1-1](#) is a free community service for Greater Cleveland that you can use to get information about social, health, housing resources 24 hours a day.
- [22 CMSD](#) sites are offering all children 18 and younger a bagged lunch for the day and a breakfast to take home for the next day. Transportation is available through yellow bus shuttles and RTA passes for current CMSD students.
- [FAQ and application](#) for unemployment benefits for families experiencing COVID-19 layoffs.

## Resources for Parents During the Covid-19 Pandemic

### Local Information and Resources:

#### Staying Connected:

Many companies are offering free or reduced prices to ensure that all families have reliable access to the internet. The two resources below are presented for your convenience. These companies and offers are not endorsed by Cuyahoga County.

- Charter Communication/Spectrum will be offering free Spectrum broadband for families with PreK-12 and/or college students who do not already have a subscription. Installation fees will be waived for these households. Families can enroll by calling 844-488-8395. They will also be opening all Spectrum WiFi hotspots for public use.
- Comcast is offering 60 days free for new families who join the Internet Essentials, an internet access program for low income families that is normally \$9.95 a month. The program's website says to apply by April 30. To see if you are qualified to apply, click here or call 1-855-846-8376

**Disclaimer:** These resources are presented here for the convenience of parents and other caregivers of young children by Cuyahoga County Office of Early Childhood: 8111 Quincy Ave, 2nd Floor, Cleveland, Ohio 44104.

The information is provided as a public service. All information presented is intended to be accurate, complete and timely; however Cuyahoga County does not guarantee the accuracy or timeliness of this information and therefore, shall not be liable for any losses caused by such reliance on the accuracy or timeliness of such information, including, but not limited to, incidental or consequential damages arising out of the use or inability to use this document or information.

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