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.
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.

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
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](#)

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](#)
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**

What you’ll find on Inside SEL:

- **Adult Self-Care Tips**
- **Diversity, Equity & Inclusion**
- **Parenting Resources**
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
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

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
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*
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)
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)

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

“Take a Break” to Prevent Child Abuse and Neglect
**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.