

FOR FAMILIES AND EARLY CHILDHOOD PROFESSIONALS

Emergencies and National Disasters: Helping Children and Families Cope

This webpage contains a series of resources for supporting families in helping young children cope after experiencing stressful emergencies or disasters. It includes a series of resources developed specifically for the Coronavirus 2019 (COVID-19) including social stories for wearing masks and washing hands. Also available in Spanish. <https://challengingbehavior.cbcs.usf.edu/emergency/index.html>

Ideas for Teaching Children about Handling Disappointment/Different Emotions

Young children are experiencing often disrupted care situations as schools close, open, and close again for mitigation of COVID-19 spread. The Center for Early Childhood Mental Health Consultation developed this list of daily, weekly, and home ideas for supporting children experiencing feelings of disappointment. Learn about labeling, engaging in role play, and calming activities at <https://www.ecmhc.org/ideas/dissapointment.html>

Resources and Strategies to Support Children with Disabilities and Their Families During COVID-19

COVID-19 has deeply impacted early childhood programs, children and families, and their communities. This resource, jointly created by the Office of Special Education Programs (OSEP), the Early Childhood Technical Assistance Center (ECTA), the Office of Head Start (OHS), and the OHS TA National Centers may be helpful. It provides guidance and resources to help leaders, services providers, teachers, support staff, children, and families during with re-opening and continuity of services. https://inclusioninstitute.fpg.unc.edu/sites/inclusioninstitute.fpg.unc.edu/files/handouts/Inclusion-Institute-Resources-Strategies-Children-Disabilities-Covid-1%20%28ED%20and%20HHS%29_0.pdf

Disaster Planning and Trauma Response

The Early Childhood Technical Assistance Center has a curated list of resources to assist individuals working with children and families to prevent, prepare for, respond to, and recover from natural disasters or other emergency situations. There are resources specifically geared to supporting families and children with disabilities to cope with disasters. <https://ectacenter.org/topics/disaster/disaster.asp>

Mindfulness and Compassion Program

The Odessa Brown Children's Clinic of Seattle Children's Hospital has a suite of resources for supporting the mental health of families of children with disabilities or special health care needs. The program also offers free online classes run by parents for parents. They are committed to culturally responsive resources to build resilience and collective capacity for social justice and healing. Meditations, courses, and other resources are provided regularly in Spanish, Somali, and English.

<https://www.seattlechildrens.org/contact/odessa-brown/programs-partnerships/mindfulness-program/>

Supporting Children and Ourselves: Coping during COVID-19

Dr. Plummer shares guidelines and ideas for families and teachers supporting children at home learning during the pandemic. Guidelines and recommendations are broken down into short handouts for easier understanding and digestion. <https://kevinplummerphd.com/support-your-children-at-home-during-a-stressful-time/>

Sesame Street in Communities

Produced by Sesame Workshop, the Sesame Street in Communities page is customizable for parents/caregivers or childcare providers to provide learning opportunities and help support children through challenges. There are many multi-media tools in English and Spanish. Lots of topics are addressed including divorce, traumatic experiences, community violence, etc. <https://sesamestreetincommunities.org/>

Supporting Families During COVID-19

The Child Mind Institute has many resources on this page including a short and useful parent guide, Facebook Live chats on Friday afternoons (past chats are archived for viewing and many are in Spanish), and daily tips on Instagram. Topics range from supporting children and supporting yourself to specific issues, such as remote learning, managing anxiety, and dealing with loss.

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Zero to Thrive Guides

To help families through the COVID-19 crisis, the Zero to Thrive team put together a series of guides with helpful information for families, children, perinatal women, and professionals with helpful information. They also compiled a list of assistance programs and resources to help connect families to basic needs, such as financial or food assistance. With the link below, you can access a comprehensive, searchable database with resources for different audiences. The resources and information have been organized around focused topics for easy reference, but many materials are helpful for a wide range of purposes. <https://zerotothrive.org/covid-19/>

FOR EARLY CHILDHOOD LEADERS

Coping After a Natural Disaster

This article from Zero To Three helps families understand the feelings and behaviors of babies and toddlers after experiencing a natural disaster. It includes practical, easy to understand tips for helping very young children and their families to cope. <https://www.zerotothree.org/resources/1096-coping-after-a-natural-disaster>

In Pursuit of an Equitable Start

This policy brief published by Zero To Three aims to focus public funding for COVID-19 recovery in ways that support young children, families, and child care providers. This includes expanding paid family and medical leave and investing in affordable, high-quality child care systems. The authors estimate \$50 billion will be necessary to address these critical needs. https://www.thinkbabies.org/wp-content/uploads/2020/08/PolicyLink_Brief.pdf

Reaffirming Key Early Childhood Practices during a Pandemic

The Early Childhood Technical Assistance Center hosted a series of discussions in the spring and summer of 2020 with teachers, providers, administrators, and families from across the country and gathered additional research to write these recommendations. Each key practice addressed is reaffirmed with additional strategies. There are a set of questions for group discussion or self-reflection.

<https://ectacenter.org/topics/disaster/coronavirus-key.asp>

Considerations for Building Post-COVID Early Care and Education Systems that Serve Children with Disabilities

This fact sheet examines how the intersections of disability, race, and ethnicity impact outcomes for families of young children throughout the pandemic. Considerations for state leaders are listed for planning thoughtful reopening of early childhood programs.

<https://www.childtrends.org/publications/considerations-for-building-post-covid-early-care-and-education-systems-that-serve-children-with-disabilities>

Natural Resources is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources on a specific topic related to children from birth through Grade 3, their families, and the professionals and systems that serve and support them. **Items highlighted in yellow are available in Spanish.** Natural Resources is compiled and distributed by Camille Catlett. Past issues are archived at <https://scriptnc.fpg.unc.edu/natural-resources-monthly-newsletter> To subscribe or unsubscribe, suggest resources, or get more information, please contact Camille Catlett at camille.catlett@unc.edu