



Resources to support the well-being of young children, 0-8, during the COVID-19 pandemic and stay-at-home order

This document was compiled by multiple Watts Hillandale residents with professional backgrounds working with young children.

Dear Reader – While this may seem like an overwhelming list of resources, we invite you to browse a few a day. Children are likely asking more questions or (letting their behaviors ask the question!) the longer this goes on. Since safety is at the core of young children’s emotional development, this event rocks them in a way that can be invisible to us but that we can really address. While their play is the best medium for them to process and express their feelings, these resources might help you understand that play and provide some needed gentle support.

1. Child Trends

[Resources for Supporting Children’s Emotional Well-being During the COVID-19 Pandemic](#)

2. NAEYC

The National Association for the Education of Young Children (NAEYC) compiled these [online resources](#) to provide information from NAEYC, the CDC, and other educational organizations.

3. Conscious Discipline

Trauma-Informed, Evidence-Based Social Emotional Learning from Dr. Becky Bailey

For 20+ years, “We’re all in this together,” has been a core tenet of Conscious Discipline. It seems ironic that a virus that requires social distancing to slow its spread has drawn our attention to how intimately connected we truly are as friends, neighbors, communities and nations. Safety, connection and problem-solving are the most valuable contribution we can offer to those around us as we navigate these unprecedented times (and beyond).

<https://consciousdiscipline.com/>

<https://consciousdiscipline.com/resources/why-cant-i-go-to-school-social-story/>

4. Zero to Three

[For Families You Serve](#)

[Tips for Families: Coronavirus](#)



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5. Public Television Resources/Sesame Street

Rootle puts the well-being of its young audience members and their loved ones as its top priority. A trusted safe haven for children, Rootle is here for you in this turbulent time. To support children and their families, caregivers and educators, Rootle and PBS KIDS have worked tirelessly to curate videos and resources designed to help talk to children about the COVID-19 virus. These are available in a free [daily newsletter](#) and at [PBSKIDS.org](#) and at [unctv.org/rootle](#). Rootle and PBS KIDS use time-tested and expert-vetted resources designed for kids' seeking entertainment and families and caregivers' seeking education.

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

6. Information on child care centers and homes in NC

<https://ncchildcare.ncdhhs.gov/>

7. Office of Head Start/Early Head Start

<http://prekkid.org/resources/hseI-responds-coronavirus-resources/>

8. Social-emotional Resources

<https://www.healthline.com/health-news/how-to-talk-to-kids-about-the-coronavirus>

<https://challengingbehavior.cbcs.usf.edu/Emergency/>

[McCormick Center for Early Learning Leadership: There is Not a Lion: Managing Social Isolation While Caring for Children](#)

9. General resources that are worth checking out!

[The National Child Traumatic Stress Network's outbreak factsheet](#)

[Defending Early Years - Guidance for Supporting Young Children Through COVID-19](#)

<https://www.youtube.com/watch?v=3nXDnUIBNFU&feature=youtu.be>

<https://preventchildabuse.org/coronavirus-resources/>



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[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#)

[Helping Children Cope with Frightening News](#)

[What to Say to Your Child About the Corona Virus](#)

[How to Help Children Manage Fear](#)

[Tips for Calming Anxious Kids](#)

[The Power of Mindfulness](#)

[Mindful Parenting](#)

[Mindfulness how it works and why](#)

[Anger, Sadness, Fear Showing Emotions to our Kids](#)

[Concerned About a Child's Anxiety](#)

10. Videos that are worth checking out!

[Fred Rogers talks about the tragic events in the news](#)

[Sesame Street Communities: Exploring Emotions](#)

[Sesame Street Communities: Staying Healthy](#)

[The National Child Traumatic Stress Network's outbreak factsheet](#)

Extra. One last gem to share:

A local child psychologist wrote this story for her 3 yr old...check it out.

Corona Heroes!!

https://drive.google.com/open?id=16cZagF2tfOuM_mutMuCMeS728INH03c