



COLORADO

Office of Early Childhood

Department of Human Services

SUPPORTING YOUNG CHILDREN DURING COVID-19

A RESOURCE FOR FAMILIES FROM THE OFFICE OF EARLY CHILDHOOD

We're here to help you support your child (and yourself!) during COVID-19. Use this guide to learn how you can encourage learning at home, practice positive guidance, and find resources and people that can help in your community .



Let's Talk About It

As a parent of a young child, you may be asking, "How do I even help my child process the world around them?" Focus on what you know and what you can do now. Think about what brings you joy. Read or tell stories, allow your child to ask questions as a way from them to process information. And, it is ok if you do not have all the answers.

Learning at Home

You are your child's first and most important teacher. Engaging in back and forth conversations and snuggles are great for creating the foundation for learning. The Colorado Early Learning and Development Guidelines have many examples to help you learn about the skills children can demonstrate by their age and how you can help them.

Positive Guidance

Children thrive in calm and nurturing environments. Your child's behavior may challenge you and that is okay. Changes in routine can be stressful for your child. Children show they are upset through their behavior. Pause, breathe, then respond.

Food Resources

Healthy foods support brain development in the early years of life. There are programs that can help you access healthy foods and provide ideas for child-friendly meals. Children gain amazing skills in the kitchen that include language development, counting, practicing shape recognition and most importantly, connecting with you.



People Who Can Help

There are caring people in your community that can help connect you to resources like child care, mental health or rent assistances.



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FINDING THE RIGHT WORDS WHEN TALKING TO CHILDREN

WORDS THAT COMFORT

Remind children that scientists are taking steps to keep everyone safe.

"YOU DON'T NEED TO WORRY. RIGHT NOW, LOTS OF AMAZING GROWN UPS ARE WORKING HARD TO KEEP PEOPLE HEALTHY."

"WE CAN HELP BY BEING GERM BUSTERS! WE CAN MAKE SURE WE WASH OUR HANDS, COUGH INTO OUR ELBOW AND HAVE HEALTHY HABITS."

GIVE THEM CONTROL

Remind your children what they can do to help.

"WOULD YOU LIKE TO HELP ME CREATE A SCHEDULE FOR US? LET'S ALSO THINK OF FUN THINGS WE CAN DO TOGETHER WHILE WE'RE AT HOME."

KEEP A ROUTINE

Routines can help both you and your child feel more at ease.

LET'S TALK ABOUT IT!

[HOW TO TALK TO YOUR KIDS ABOUT CORONAVIRUS | PBS KIDS](#)

["SOMETHING STRANGE HAPPENED IN MY CITY"
A COVID-19 STORY FOR YOUNG CHILDREN](#)
WATCH A VIDEO OF THIS STORY

[#COVIBOOK SUPPORTING AND REASSURING CHILDREN AROUND THE WORLD](#)

[TALKING TO KIDS ABOUT THE CORONAVIRUS](#)

[ANSWERING YOUR YOUNG CHILD'S QUESTIONS](#)

[JUST FOR KIDS: A COMIC EXPLORING THE NEW CORONAVIRUS](#)



POSITIVE GUIDANCE AND CAREGIVING

[TIPS FOR COPING WITH A NEW BABY DURING COVID-19](#)

[PARENT TIPS FOR HELPING PRESCHOOL-AGE CHILDREN AFTER DISASTER](#)
TIPS FOR INFANTS AND TODDLERS

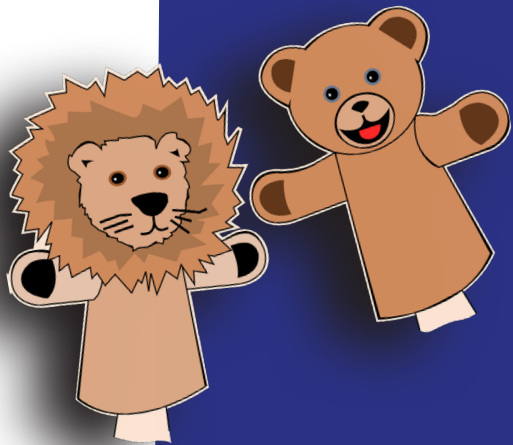
[PARENTING IN THE TIME OF THE CORONAVIRUS](#)

[POSITIVE PARENTING & COVID-19](#)

[SUPPORTING CHILDREN WITH SPECIAL NEEDS DURING THE PANDEMIC](#)

[HOW TO SUPPORT CHILDREN \(AND YOURSELF\) DURING THE COVID-19 OUTBREAK](#)

[RESOURCES FOR CAREGIVERS | INFOGRAPHICS](#)



LEARNING AT HOME

[COLORADO'S EARLY LEARNING AND DEVELOPMENT GUIDELINES EARLYLEARNINGCO.ORG](http://EARLYLEARNINGCO.ORG)

[CREATING A ROUTINE FOR THE "FOR NOW" NORMAL](#)

[WIDE OPEN SCHOOL](#)

[STORYTIME VIDEOS FOR KIDS](#)

[25 AMAZING VIRTUAL FIELD TRIPS](#)

[READING TIPS FOR FAMILIES](#)

[DENVER PUBLIC LIBRARY VIRTUAL STORYTIME](#)



FOOD RESOURCES

[NO KID HUNGRY TEXT LINE](#)
TEXT THE WORD "FOOD" (OR "COMIDA") TO 877877 TO FIND FREE MEALS FOR YOUR KIDS

[HUNGER FREE COLORADO](#)

[COOKING MATTERS](#)

[COLORADO WIC](#)

[SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM \(SNAP\)](#)



PEOPLE WHO CAN HELP

DIAL 211 FOR ESSENTIAL SERVICES IN YOUR COMMUNITY

FIND YOUR LOCAL FAMILY RESOURCE CENTER

EARLY INTERVENTION COLORADO: LOCAL SUPPORT FOR CHILDREN WITH SPECIAL NEEDS

FREE CHILD CARE FOR ESSENTIAL WORKERS THROUGH THE EMERGENCY CHILD CARE COLLABORATIVE

CONTACT YOUR COUNTY'S CHILD CARE RESOURCE AND REFERRAL (CCR&R) TO FIND CHILD CARE NEAR YOU

COLORADOSHINES.COM

COLORADO CRISIS SERVICES



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