



COVID-19 Resiliency and Support Toolkit

I. Personal Experience with Coronavirus/COVID-19		
Q1	Common Concern related to Coronavirus/COVID-19	
a	Caring for Family Members	
b	Children’s Behavior	
c	Finances	
d	Time Management	
e	Transportation	
f	Job	
g	Child Discipline	
h	Housing Security Affected	
i	Health Concerns of Family Member	
j	Health Concerns about Child’s Health	
k	Family Conflict	
l	Marital Conflict	
m	Childcare	
n	Homeschooling	
Q2	Emotional Behavioral Functioning	
a	Sleep affected	
b	Sleep more	
c	Anxious	
d	Depressed	
e	Angry	
f	Arguments	
g	Eat more	
h	Hopeful	
Q3	Disruption to Daily Routines	
Q4	Coping with Worry	
Q5	Learn More Strategies to Cope with Worry	
	Q6 How confident are you helping children and caregivers manage their worries about COVID-19?	
	Q7 How confident are you in managing your own worries about COVID-19?	





COVID-19 Pillars (WHO)	Q8	How confident are you responding to your early learning program needs due to COVID-19?	
	Q9	How confident are you in managing the behaviors of the children in your class that may be related to fear/anxiety related to COVID-19?	
	Q10	How confident are you accessing resources in the community in response to COVID-19?	
	Q11	How confident do you feel that you can access to eat balanced meals during the COVID-19?	
	Q12	How confident are you in remaining positive during the COVID-19 pandemic?	
	Q13	How confident are you upholding the recommendations of hand washing, social distancing, and creating a routine/schedule?	
	Q14	Are you already receiving any support or training related to COVID-19 about managing stress?	
II. Telehealth Experience and Interest			
Q15	Experience with Telehealth		
Q16	Experience with apps like Zoom or Skype		
Q17	Has device		
Q18	Has reliable internet		
Q19	Access to privacy for video meetings		
Q20	Telehealth is a good way to learn		
Q21	Telehealth can help with concerns		
Q22	Telehealth services are supportive		
III. Jump Start ECC Services			
Q23	Challenges (<i>related to behaviors, discipline, classroom management</i>)		
Q24	<i>Urgency (to receive Jump Start ECC services)</i>		
Q25	<i>Service Delivery Preference (from Jump Start ECC)</i>		
Q26	<i>Choice of Services (related to Jump Start ECC)</i>		
a	Online access to COVID-19 Child Activities Toolkit Only		
b	Online Workshops/Webinars related to Parenting Skills, Child Development, and COVID-19 for Parents		
c	Online Workshop/Webinars related to Telehealth for Directors/Teachers		
d	Online Peer Support Groups for Directors/Teachers		
e	Online Peer Support Groups for Parents		
f	Online Group and/Individual Consultations with a Mental Health Consultant		
g	Referrals for Supportive Services in the Community		
	Mental Health Agencies		
	Hotlines		
Additional Resources			





Florida Department of Children and Families	
Food Assistance	
Florida Health Department (e.g. testing locations)	
Legal Services (e.g. immigration)	
UNICEF	
Veterans	
World Health Organization	

I. Personal Experience with Coronavirus/COVID-19		
Q1	Common Concern related to Coronavirus/COVID-19	
a	Caring for Family Members	<p>(1) Centers for Disease Control and Prevention (CDC):</p> <p>a. https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</p> <p>b. https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety-sp.html</p> <p>(2) The National Child Traumatic Stress Network (NCTSN):</p> <p>a. Parent/Caregiver Guide to Helping Families Cope with COVID-19</p> <p>b. Take Care of Yourself</p> <p>(3) Center for the Study of Traumatic Stress (CST): Psychological Effects Quarantine During Coronavirus Outbreak Providers</p> <p>(4) Caring for Yourself and Family Members during Coronavirus Crisis (Healthy Steps/Zero to Three): https://www.healthysteps.org/article/caring-for-yourself-and-young-children-during-the-coronavirus-covid-19-crisis-147</p>
b	Children’s Behavior	<p>(1) National Center for Pyramid Model Innovations:</p> <p>a. https://challengingbehavior.cbcs.usf.edu/emergency/index.html</p> <p>b. Stress Reduction Strategies for Children-Maite Schenker, PhD</p> <p>c. Interview on WLRN with Jill Ehrenreich-May “How Do You Help An Anxious Kid; Right Now?”</p>



		<p>d. Tips For Talking About Coronavirus”</p> <p>(2) Florida Association for Infant Mental Health: https://members.faimh.org/articles?current_page=1&sort_type=display_date&filter=%7B%22nothing%22%3A+%22nothing%22%7D&display_type=default</p>
c	Finances	<p>(1) 211 Community Resources: http://www.211.org/services/covid19</p> <p>(2) Financial Help for Those Impacted by COVID-19: https://www.debt.org/2020/03/26/coronavirus-relief/</p> <p>(3) Small Business Loans a. https://www.sba.gov/funding-programs/loans b. https://floridadisasterloan.org/</p> <p>(4) Federal Student Aid, Coronavirus and Forbearance Info for Students, Borrowers, and Parents (interests waived): https://studentaid.gov/announcements-events/coronavirus</p> <p>(5) IRS, tax filing and payment deadlines extended to July 15: https://www.irs.gov/coronavirus</p> <p>(6) Miami Pandemic Response Fund (help families that may not be eligible for other assistance but are struggling with food, rent/mortgage assistance): https://uwcfs219638.typeform.com/to/YMTFxV (English), https://uwcfs219638.typeform.com/to/C8IW7j (Spanish), https://uwcfs219638.typeform.com/to/q8WKIH (Creole)</p>
d	Time Management	(1) 22 Simple, Effective Time Management Strategies for Work.pdf
e	Transportation	(1) Miami International Airport COVID-19 Updates: http://www.miami-airport.com/COVID_19.asp



		<p>(2) Miami-Dade County Service Updates: https://www.miamidade.gov/global/initiatives/coronavirus/county-updates.page</p>
f	Job	<p>(1) Florida Department of Reemployment Assistance: http://www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants</p> <p>(2) Career Source: https://careersourceflorida.com/covid-19/</p> <p>(3) JWorks: https://jewishmiami.org/resources/job_services/</p> <p>(4) Miami-Dade Public Library System (MDPLS) will be providing printed copies of Florida Department of Economic Opportunity (DEO) Reemployment Assistance Applications at 26 library locations beginning Wednesday, April 8.</p> <p>Unemployment applications in English, Spanish and Creole and envelopes to return them in will be available for pickup at tables outside the library entrances from 8 a.m. – 7 p.m. seven days a week until further notice. Residents can take the application home to fill out and then return it in the sealed envelope by dropping it off in the library location’s book drop or at any CareerSource South Florida location. Applications will be picked up from the book drops every day and delivered to CareerSource South Florida where trained staff will send them securely overnight to DEO in Tallahassee for processing. Residents can also download and print a copy of the application from DEO's website and return it to any participating library’s book drop.</p>
g	Child Discipline	<p>(1) Positive Parenting: Positive Parenting & COVID-19_ 10 Tips to Help Keep the Calm at Home - HealthyChildren.org.pdf</p> <p>(2) Zero to Three: Young Children at Home during the COVID-19 Outbreak_ The Importance of Self-Care • ZERO TO THREE.pdf</p>





		(3) UNICEF: Tips for parenting during the coronavirus (COVID-19) outbreak
h	Housing Security Affected	<p>(1) Mortgage lenders offer help to borrowers affected by COVID-19: a. https://www.bankrate.com/mortgages/mortgage-lenders-offer-help-to-borrowers-affected-by-coronavirus/ b. What To Do If You Can't Pay Your Mortgage Due To COVID-19 _ Bankrate.pdf</p> <p>(2) Housing, Food, Medical Resources, Utilities, Job Assistance, Childcare, and Additional Services: https://www.legalservicesmiami.org/covid-19</p> <p>(3) Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF) (waived work requirements): http://www.myflorida.com/accessflorida/</p> <p>(4) Miami Pandemic Assistance Program: https://uwcfs219638.typeform.com/to/YMTFxV (English) https://uwcfs219638.typeform.com/to/C8IW7j (Spanish)</p>
i	Health Concerns of Family Member	<p>(1) Homebound Seniors In-Home COVID-19 Testing Service: 305-960-5050, https://www.miamidade.gov/global/initiatives/coronavirus/home.page</p> <p>(2) Administration for Community Living (ACL): a. COVID-19 Info for Older Adults and People with Disabilities b. COVID-19 Info for People with Disabilities</p> <p>(3) National Alliance of Mental Illness (NAMI): a. National Alliance on Mental Illness COVID-19 Guide b. Living with a Mental Health Condition</p>
j	Health Concerns about Child's Health	<p>(1) Physical Activity Alliance a. Physical Activity Alliance- Move with Us b. https://www.catch.org/pages/health-at-home</p>



(2) A Parent's Guide to surviving COVID-19: <http://earlylearningnation.com/2020/03/a-parents-guide-to-surviving-covid-19-8-strategies-to-keep-children-healthy-and-happy/>

(3) Let's Talk About the Coronavirus

a. Social Story by CARD: http://www.umcard.org/files/8415/8437/4991/COVID-19_Social_Narrative_SP.pdf (Spanish); http://umcard.org/files/3915/8422/3594/COVID-19_Social_Narrative.pdf?fbclid=IwAR0X0qurI tresCtP4zeV1S7eX9nFO5JrKLENbIngnty1NDi5cDvATuYXKog (English)

b. <https://www.youtube.com/watch?v=xkZ23tDzN4c>

c. Tips for Families (Coronavirus): https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus?fbclid=IwAR2y_Obkaxas7HHxOwhJ9kK7IHs2ZxAxWnlZ1WblzB0tVQbT5M9DkvFkOgA

d. [Countering COVID-19 \(Coronavirus\) Stigma and Racism: Tips for Parents and Caregivers](#)

e. Brainpop Coronavirus Psycho-Ed Cartoon:

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

f. Helping Children and Families Cope Family Resources:

https://challengingbehavior.cbcs.usf.edu/Emergency/?fbclid=IwAR1ueSpH_62xlq3uEdN7zEhGvF-d6wUYJ

[i_IDvIV_15_RX7AukodrA2BXI&fbclid=IwAR1ueSpH_62xlq3uEdN7zEhGvF-d6wUYJ-i_IDvIV_15_RX7AukodrA2BXI](#)

g. Audio Story/Comic Strip:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

h. Videos, songs, and show segments from Daniel Tiger to Sesame Street to keep kids safe and healthy:

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

i. Children's activity books to learn about COVID-19 (feelings activity, handwashing):

<https://drive.google.com/file/d/1CoIQ->













		<p>VTukNPYueGztPFKgXz2XnJwCSYI/view?usp=sharing(4) (English), https://drive.google.com/file/d/1PahTnsgTG7ENIic2VgVBD12613T1xaOA/view?usp=sharing (Spanish)</p> <p>(4) Zero to Three</p> <ol style="list-style-type: none"> a. Critical Connections-Zero to Three b. Answering Your Young Child’s Questions About Coronavirus c. Supporting Young Children Isolated Due to COVID-19 d. At-Home Activity Guide e. Parenting During COVID-19 f. Five Tips to Make the Most of Video Chats g. Just For Kids: A Comic Exploring The New Coronavirus h. Why are people wearing masks? Why are people covering their faces? i. Talking about Coronavirus/Tips for Families: https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus <p>(5) How to show young children why using soap is important</p> <p>(6) Amazon Audible Stories: https://stories.audible.com/start-listen</p> <p>(7) The Children’s Movement of Florida: https://www.childrensmovementflorida.org/coronavirus-resources/</p>
k	Family Conflict	<p>(1) Defusing Family Tension During COVID-19.pdf</p> <p>(2) 5 Social-Emotional Learning Tips For Families During The COVID-19 Outbreak.pdf</p> <p>(3) 8 Tips for Working From Home With Kids During COVID-19.pdf</p> <p>(4) National Crisis Hotline Numbers</p>



		(5) Preventing Household Conflict When You're Stuck at Home Together Talkspace.pdf
1	Marital Conflict	(1) 6 Relationship Tips From a Therapist on Dealing With Covid-19 Stress.pdf (2) NBC News Report Video - Domestic Violence Concerns During COVID-19 (3) National Domestic Violence Hotline Resources
m	Childcare	(1) Relief and assistance for child care businesses, parents, and communities: https://bipartisanpolicy.org/blog/congress-supports-the-child-care-market-through-covid-19/ (2) Immediate access to working capital as a result of the COVID-19 emergency: https://bipartisanpolicy.org/explainer/u-s-small-business-administration-sba-support-the-coronavirus-aid-relief-and-economic-security-act-cares-act/ (3) YMCA child care services for kids of first responders, healthcare workers as well as city and county staffers: https://www.miamiherald.com/news/coronavirus/article241228761.html
n	Homeschooling	(1) MDCPS: a. 95429 At Home Activities for Families of Young Children (Ages 3-5).pdf b. At Home Learning Activities for Families of Young Children Birth to Age 2.pdf c. Parents Guide to COVID-19 simple activities for children and adolescents.pdf d. Family Staycation Kit e. Activity Packets for PreK - 5th Grade f. Daily schedules for students ages 4-18 g. Educational resources for middle school to college h. Using Khan Academy to Support My Child's Home Learning i. COVID-19 School Closure Resources for Families of Students with Disabilities (2) Florida Department of education: Resources for Families
Q2	Emotional Behavioral Functioning	
a	Sleep affected	(1) Sleep Management Guide

b	Sleep more	(2) Sleep Hygiene (3) Sleep Worksheets
c	Anxious	(1) 13 Ways to Prevent and Relieve Stress (2) Mental Health and Coping During Covid-19 (3) Supporting Families During Covid-19 (4) Managing Stress During Covid-19 Outbreak (5) Feeling Anxious about COVID-19__ Stories at Yale Medicine.pdf (6) Confronting Feelings of Powerlessness During the Coronavirus Outbreak__ Talkspace.pdf
d	Depressed	
e	Angry	
f	Arguments	
g	Eat more	
h	Hopeful	(1) Emotional Well Being: Taking Care of Your Mental Health in the Face of Uncertainty
Q3. Disruption to Daily Routines, Work, Family Life Q4. Coping with Worry Q5. Learn More Strategies to Cope with Worry		
a	Meditation/Relaxation/ Mindfulness (deep breathing)	(1) Mindfulness and Meditation Apps: a. Headspace: https://www.headspace.com/health-covid-19 b. Calm: www.calm.org c. Aura: https://www.aurahealth.io/ d. Mindful.org: https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/ e. Stop Breathe and Think: https://www.stopbreathethink.com f. Ten Percent Happier: https://www.tenpercent.com/coronavirussanityguide g. Mindfulness Toolkit for Early Childhood Organizations h. 50 tips for Practicing Mindfulness

		<p>i. You Tube: How Mindfulness Transforms Us</p> <p>j. You Tube: 5 Minute Guided Meditation</p> <p>(2) Zero to Three Mindfulness Breaks- A Weekly Series for Self-Care (Fridays at 12pm): https://www.zerotothree.org/resources/3351-mindfulness-breaks-a-weekly-series-for-self-care</p> <div data-bbox="1115 451 1875 1182" style="background-color: #f08080; padding: 10px; text-align: center;"> <p>be mindful NOW</p> <div style="display: flex; justify-content: space-around;"> <div style="width: 45%;"> <p> Breathe In, Breathe Out - Feel the flow of the breath</p> <p> Pay attention to all your Senses - for ex. notice the taste, texture of food.</p> <p> Empty the Mind - Take a few moments to be still</p> <p> As soon as the Mind wanders, bring it back to your Breath</p> <p> Practice Non-Judgemental Listening</p> </div> <div style="width: 45%;"> <p> Be Aware of every Daily Activity (driving, texting, cleaning, etc.)</p> <p> Go Outdoors - Walk Around in Nature</p> <p> Forgive Yourself for every Negative Thought</p> <p> Be Grateful - Say Thank You to Nature, People and Things.</p> <p> Go Easy on Yourself - with time, you will see the progress!</p> </div> </div> </div>
b	<p>Eating Well Balanced Meals Together with Household Members</p>	<p>(1) No Kid Hungry is providing emergency grants to support these local efforts like home delivered meals, grab and go meals programs, school and community pantries, backpack</p>



		<p>programs, and other: COVID-19 support inquiry form, https://www.nokidhungry.org/coronavirus-grant-request</p> <p>(3) Food Distribution-Miami Date, Broward, Palm Beach (calendar of food distribution is updated daily at www.feedingsouthflorida.org)</p> <p>(4) MDCPS Student Meal Distribution Sites</p> <p>(5) https://flipany.org/covid-19-updates</p> <p>(6) Meals on Wheels South Florida- www.mowsoflo.org or (954) 731-8770</p>
c	Connecting with others Virtually (e.g. FaceTime, WhatsApp)	<p>(1) https://www.unthsc.edu/newsroom/story/covid-19-the-importance-of-keeping-up-your-social-connections/</p> <p>(2) https://www.psychologytoday.com/us/blog/social-media-stories/202003/staying-connected-social-media-in-the-age-covid-19</p>
d	Physical Activities/ Exercise	<p>(1) Physical Activity Alliance- Move with Us</p> <p>(2) https://www.catch.org/pages/health-at-home</p>
e	Protective Health Behaviors (handwashing, social distancing)	<p>(1) 12 tips to help kids cope with social distancing</p> <p>(2) Children’s activity books to learn about COVID-19 (feelings activity, handwashing): https://drive.google.com/file/d/1CoIQ-VTukNPYueGztPFKgXz2XnJwCSYI/view?usp=sharing (English), https://drive.google.com/file/d/1PahTnsgTG7ENIlc2VgVBD12613T1xaOA/view?usp=sharing (Spanish)</p>
f	Activities You Enjoy	<p>(1) Introducing a Music Playlist for the Science of Happiness</p> <p>(2) Fun, productive activities to do when you're stuck in self-quarantine _ Arts & Leisure themercury.com.pdf</p>



			(3) 6 Science Based Activities to Help you Relax at Home
g	Fun Activities for Children		<p>(1) Read, play games, and hang out with Dr. Seuss Crafts, activities, and worksheets https://pbskids.org/</p> <p>(2) Virtual tours of museums and parks:</p> <p>a. Virtual Field Trips</p> <p>b. https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR0TPO5IqgP8TALcgLVetxCKbF2fBcXOc7BRAnCp01-gllQVg6x4i4ek-54</p> <p>c. Virtual Classroom</p> <p>d. Arte online gratis: recorre estos museos (virtualmente)</p> <p>e. The British Museum</p> <p>f. Los Padres</p>
h	Fun Activities for Children with Special Needs		<p>(1) Teaching Tom_ Language Intervention for Preschooler with Special Needs.pdf</p> <p>(2) The Inclusion Lab - powered by FeedBurner.pdf</p>
COVID-19 Pillars (WHO)	Q6	How confident are you helping children and caregivers manage their worries about COVID-19?	<p>Intervention 3: Messages and Activities for Helping Children Deal w/ Stress (p.13)</p> <p>COVID-19 Parenting: Talking About COVID-19</p>
	Q7	How confident are you in managing your own worries about COVID-19?	<p>COVID-19 Parenting: Keep Calm and Manage Stress</p> <p>7 Ways to Cope When You are Apart from Others</p> <p>60 Second Approach to Difficult Emotions</p> <p>13 Ways to Prevent and Relieve Stress</p>

		<p>Mental Health and Coping During Covid-19</p> <p>COVID-19 Parenting: One-on One Parenting</p> <p>Parent Tips for Helping Infants and Toddlers After Disasters</p> <p>Parent Tips for Helping Preschool Age Children After Disasters</p>
Q8	<p>How confident are you responding to your early learning program needs due to COVID-19?</p>	<p>Intervention 2: Supporting the Needs of People with Disabilities (p.12) and Intervention 5: Supporting People Working in the COVID-19 Response-Frontline Workers, Team Leaders or Managers (p.15-16).</p> <p>World Health Organization Videos:</p> <ul style="list-style-type: none"> -Seven Steps to Prevent the Spread of the Virus -How to protect yourself against COVID-19? -How to protect yourself and others -COVID-19 in the Workplace <p>https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/videos</p> <p>For Teachers - Classroom Activities - Seaworld</p> <p>For Teachers - Conservation and Wildlife Teacher Resources</p> <p>For Teachers - The Council is extending the deadline for the CDA Renewal Amnesty Program to June 30 - Renew CDA - Council for Professional Recognition</p>
Q9	<p>How confident are you in managing the behaviors of the children in your class that may be related to fear/anxiety related to COVID-19?</p>	<p>(1) Behavior: COVID-19 Parenting: Bad Behavior</p> <p>(2) Fear/Parent and Caregiver Resources (Center for Child Counseling):</p> <p>a. https://www.centerforchildcounseling.org/managing-your-childs-coronavirus-fear/</p> <p>b. https://www.centerforchildcounseling.org/programs/resources/</p>

Q10	How confident are you accessing resources in the community in response to COVID-19?	(1) Community Resources (Referrals for Supportive Services in the Community) Domain
Q11	How confident do you feel that you can access to eat balanced meals during the COVID-19?	(1) Food Assistance ; Food Distribution in Miami Dade, Broward and Palm Beach (2) http://farmshare.org/food-distributions/#
Q12	How confident are you in remaining positive during the COVID-19 pandemic?	(1) COVID-19 Parenting: Keeping It Positive
Q13	How confident are you upholding the recommendations of hand washing, social distancing, and creating a routine/schedule?	(1) Routine/Schedule: COVID-19 Parenting: Structure Up (2) Social Distancing: Remaining Emotionally Connected While Practicing Social Distancing _ Talkspace.pdf ; https://www.thechildrenstrust.org/content/explaining-social-distancing-kids (3) How to Put On, Use, Take Off and Dispose a Mask (World Health Organization): https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks (4) Myth Busters about COVID-19: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters (5) Intervention 4: MHPSS Activities for Adults in Isolation/Quarantine (p.14)
Q14	Are you already receiving any support or training related to COVID-19 about managing stress?	(1) Intervention 1: Helping Older Adults Cope w/ Stress During COVID-19 Outbreak (p.11) and Intervention 6: Community MHPSS Messages During the COVID-19 Outbreak-General Public Dealing with Stress (p.17) (2) FACE COVID 19

II. Telehealth Experience and Interest

Q15	Experience with Telehealth	(1) ZOOM: Setting up a meeting Joining a meeting Testing audio and video How to share your screen Recording a Zoom Meeting Zoom Help Center Getting started with Zoom Meetings Training by Zoom Zoom Meetings Zoom Meetings for Education https://www.skype.com/en/get-skype/ https://www.youtube.com/watch?v=NRcb3uB3Jac (how to download and setup)
Q16	Experience with apps like Zoom or Skype	(2) Skype: https://support.skype.com/en/skype/all/ (support link)
Q17	Has device	<i>If no, implement phone-based services.</i>
Q18	Has reliable internet	(1) Free Internet for Low Income Families: https://www.internetessentials.com (2) Improve your Wi-Fi Connections at Home
Q19	Access to privacy for video meetings	(1) Zoom Legal and Privacy: https://zoom.us/privacy-and-legal (2) Skype Legal and Privacy: https://www.skype.com/en/legal/
Q20	Telehealth is a good way to learn	https://www.apa.org/pi/disability/resources/publications/telepsychology
Q21	Telehealth can help with concerns	https://www.psychologytoday.com/us/blog/millennial-media/201901/14-benefits-teletherapy-clients
Q22	Telehealth services are supportive	Telehealth Service in Infant Mental Health Home Visiting
III. Jump Start ECC Services		
Q23	Challenges (related to behaviors, discipline, classroom management)	<i>Refer to HERS-ECC Resources in BOX.</i>
Q24	Urgency (to receive Jump Start ECC services)	<i>N/A</i>

Q25	Service Delivery Preference (from Jump Start ECC)	N/A
Q26	Choice of Services (related to Jump Start ECC)	N/A
a Online access to COVID-19 Child Activities Toolkit Only		
<p>Infant Resources</p>	<p>Play Skills</p> <ol style="list-style-type: none"> (1) Becoming a Play Partner (2) Becoming a Play Partner (Spanish) (3) Stages of Play from 6-12 Months.pdf (4) Strategies-Promoting Relationships Infants (5) Learning Through Play- Birth to 12 Months.pdf (6) Five Little Monkeys Jumping on the Bed (7) Five Little Monkeys Jumping on the Bed (Spanish) <p>Sleep</p> <ol style="list-style-type: none"> (1) Infant Sleep Recommendations and Strategies.pdf (2) Helping Babies Learn to Fall Asleep On Their Own.pdf (3) Coping with Sleep Challenges Birth to 3 Months.pdf (4) Cómo ayudar a los bebés a conciliar el sueño por si solos- SPANISH.pdf <p>Developmental</p> <ol style="list-style-type: none"> (1) Estimular el Cerebro Infantil.pdf (2) Tummy Time.pdf (3) What You Can Do to Support School Readiness Skills Birth to 12 Months .pdf (4) Supporting Language and Literacy Skills 0-12 Months.pdf (5) Infant and Toddler Curriculum and Individualization.pdf (6) Developing Thinking Skills from 0-12 Months.pdf (7) Feeding What to Expect From Birth to 12 Months .pdf 	

	<p>Social Emotional</p> <ol style="list-style-type: none"> (1) Se tranquilizarme - Canción infantil.docx (2) Infant Massage Techniques for Calming Your Child (3) 10 Tips for Conscious Discipline (Spanish) (4) Attention Getting and Call backs for Infants .docx (5) Baile de las emociones .docx (6) Positive Communication (Spanish).pdf (7) EFFECTIVE PARENTING TIPS FOR INFANT PARENTS.docx (8) Developing Self-Control 0-12 Months.pdf (9) Handout Social-Emotional Development for Parents.pdf (10) Developing Self-Confidence From 0-12.pdf (11) Desarrollo Socioemocional 0-12- SPANISH.pdf (12) Abuelos que crían a sus nietos.pdf (13) Activities for Bonding and Learning from Birth to 12 Months.pdf
<p>Toddler Resources</p>	<p>I Love You Rituals</p> <ol style="list-style-type: none"> (1) I love you rituals- peek a boo (2) I love you rituals-walk and stop (3) I love you rituals-goodnight elbow <p>Conscious Discipline</p> <ol style="list-style-type: none"> (1) Conscious Discipline-Why Can't I Go to (English) (2) Conscious Discipline-Why Can't I Go to (Spanish) (3) Conscious Discipline- Story Hand (4) Conscious Discipline-Visual Shopping Cart <p>Hand Washing Visuals</p> <ol style="list-style-type: none"> (1) Washing Your Hands (2) Washing Your Hands 2

Sensory/Fine Motor Activities/Crafts

- (1) [Taste Safe Blocks](#)
- (2) [Taste Safe Paint](#)
- (3) [Taste Safe Slime](#)
- (4) [Ice Paint Activity](#)
- (5) [Puffy Paint Activity](#)
- (6) [Baby Safe Paint](#)
- (7) [Playdough Number Mats Game](#)
- (8) [Home-Made Playdough](#)
- (9) [The Best Crafts for Toddlers](#)
- (10) [5 Little Speckled Frogs](#)

Toilet Training

- (1) [Toilet Training Guide](#)
- (2) [Successful Toilet Training](#)

Developmental Activities

- (1) [Tucker the Turtle at Home-Eng](#)
- (2) [Parent Tips-Toddler](#)
- (3) [Early Childhood-Ages 0-2](#)
- (4) [Family Staycation Toolkit](#)
- (5) [Floor Time](#)
- (6) [Little Bunnies Finger Puppets](#)
- (7) [Teaching Body Parts](#)
- (8) [Weather Matching Cards](#)
- (9) [If you are happy song for kids.docx](#)
- (10) [Activities for Toddlers at Home](#)
- (11) [Indoor Activities for Toddlers](#)

Preschool Resources

Social Emotional

- (1) [Stress Releaser methods for kids .docx](#)
- (2) [20-stress-busters-for-young-children.pdf](#)
- (3) [Heart Shaped Glasses to Practice Positive](#)
- (4) [11 Ways to Encourage Friendship Skills and Social Play _ The Inclusion Lab.pdf](#)
- (5) [ACTIVIDADES PARA TRABAJAR LAS](#)
- (6) [FREE-Printable-Safe Place Breathing Ico](#)
- (7) [Social-Emotional Development Preschool](#)
- (8) [Managing Preschool Separation Anxiety.pdf](#)
- (9) [CON NIÑOS -Spanish -Imágenes](#)
- (10) [20 Tips for Parents From Preschool](#)
- (11) [Juegos en solitario para niños.docx](#)

Literacy

- (1) [15 Ways to Help Children with Autism](#)
- (2) [Literacy.pdf](#)
- (3) [6 Ways to Make Your Book Corner More](#)
- (4) [expand language skills with fun activities.pdf](#)
- (5) [Language and literacy for all_ Special needs.pdf](#)
- (6) [Literacy-Rich Preschool Environments for](#)
- (7) [Getting ready to read.pdf](#)
- (8) [Teaching Tom Language Intervention for](#)
- (9) [Use shared storytimes to boost early](#)
- (10) [Twin Texts.pdf](#)
- (11) [teach kids their letters and phonemes.pdf](#)
- (12) [Checklist of Important Elements for](#)

Developmental

- (1) [Asq-activities.pdf](#)

	<ul style="list-style-type: none"> (2) Asqse2-activities.pdf (3) HHS-SED-Milestones.pdf (4) 24-ways-to-have-fun-with-math-at-home.pdf (5) The Inclusion Lab - powered by (6) FeedBurner.pdf (7) Tips-for-Talking-with-Multiple-Children.pdf (8) What is the teacher's role in supporting play in early childhood classrooms?
<p>b</p> <p>Online Workshops/Webinars related to Parenting Skills, Child Development, and COVID-19 for Parents</p>	<ul style="list-style-type: none"> (1) Parent Club- The Children's Trust (Register here: https://collabornation.net/sl/events/835) (2) Free Parenting Class (3) Healthy Children: Parent Webinars (4) Reading Rockets: Parent Engagement Webinar Series (5) Positive Parenting (for children up to 12 years) [FIU]: Event (6) Professional Development Institute-ELC: https://trainings.elcmdm.org/Default.aspx (7) Coping with COVID-19: Mental Health Tips for Children and Families (NSU): https://nova.zoom.us/meeting/register/tJlpcemhqT0tQGTT_Z0oN3HEi-d-iISCJg (8) Developing an Effective Coping Kit During the Anxiety-Provoking Time of COVID-19 (NSU): https://nova.zoom.us/meeting/register/vJAsf-qrqTgoTCoCAYGeKb-xi9eDTzmcuw (9) School's Out... Why Social and Emotional Connectedness are More Essential than Ever (NSU): https://nova.zoom.us/meeting/register/v5UldeuqrD0uVrFPER5khKYG-QNYxdatg
<p>c</p> <p>Online Workshop/Webinars related to Telehealth for Directors/Teachers</p>	<ul style="list-style-type: none"> (1) Professional Development Institute - ELC (2) Webinars Archives - Sesame Street in Communities (3) Training Videos Archives - Sesame Street in Communities (4) Early Childhood Webinars - Conference-Quality Professional Development (5) FSU Partners for a Health Baby - Home Visiting Curriculum (6) Webinar Series: Understanding Trauma (7) Health, Safety, and Nutrition Training Online CCEI Course Catalog (8) Professional Development Institute-ELC: https://trainings.elcmdm.org/Default.aspx (9) Addressing Abuse and Neglect (training for Early Childhood Professionals): https://www.zerotothree.org/resources/3348-webinar-series-addressing-abuse-and-neglect-during-covid-19



d	Online Peer Support Groups for Directors/Teachers	(1) The Florida Association for Child Care Management (FACCM) (2) Team Coach (<i>not open yet</i>)
e	Online Peer Support Groups for Parents	(1) Families First Parenting Groups (2) South Florida Health Collaborative is offering parent, youth, and LGBTQ virtual support groups, and COVID-19 resources: https://sfhealthc.org
f	Online Group and/Individual Consultations with a Mental Health Consultant	Provided by the Jump Start ECC consultants as needed.
g Referrals for Supportive Services in the Community		
Mental Health Agencies	(1) Behavioral Aids Solutions: 786-762-2952 (2) New Horizons: 305-635-7444 (3) Douglas Gardens: 305-538-7710 (4) Yes Institute: 305-663-7195 (5) Survivor’s Pathway: 786-275-4364 (6) PrideLines: 305-571-9601 (7) PsychSolutions, Inc.: 305-668-9000 (8) Agape: 305-235-2616 (9) Citrus Health: 305-825-0300	
Hotlines	(1) The Lodge: 305-693-1170 (2) Kristi House: 305-547-6800 (3) JHM Rape Treatment Center: 305-585-5185 (4) Florida Coalition Against Domestic Violence: 1-800-500-1119 (5) Miami Dade Victim Assistance Center: 305-285-5900 (6) MUJER: 305-247-1388 (7) Safespace: 305-758-2546 or 305-247-4249 (8) Child Protection Team: 305-243-7550 (9) Victim Assistance Network: 1-800-398-2808 or 305-273-4357 (10) Suicide Hotline: 1-800-273-8255 (11) SAMHSA Distress Hotline (counseling services): 1-800-985-5990 (12) Elder Helpline: 1-800-963-5337	





Additional Resources	
Florida Department of Children and Families	<p>(1) The state (http://www.myflorida.com/accessflorida/) has recently waived work requirements or two assistance programs providing food Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF).</p> <p>(2) Florida Department of Children and Families Abuse Hotline: Report Online: https://reportabuse.dcf.state.fl.us/, Phone: 1-800-962-2873</p>
Food Assistance	<p>(1) No Kid Hungry is providing emergency grants to support these local efforts like home delivered meals, grab and go meals programs, school and community pantries, backpack programs, and other: COVID-19 support inquiry form, https://www.nokidhungry.org/coronavirus-grant-request</p> <p>(2) Feeding South Florida (https://feedingsouthflorida.org/benefits-emergency-services/)- (954) 518-1818</p> <p>(3) List of Miami Dade County Foodbanks</p> <p>(4) Food Distribution-Miami Date, Broward, Palm Beach (calendar of food distribution is updated daily at www.feedingsouthflorida.org)</p> <p>(5) MDCPS Student Meal Distribution Sites</p> <p>(6) https://flipany.org/covid-19-updates</p>
Florida Health Department (<i>e.g. testing locations</i>)	<p>(1) Health Department Locations: County Health Departments - Location Finder</p> <p>(2) Testing Services for Seniors: 305-960-5050</p>
Legal Services (<i>e.g. immigration</i>)	<p>(1) AUCD: Resources for Undocumented Communities</p> <p>(2) https://www.uscis.gov/about-us/uscis-response-coronavirus-2019-covid-19</p>





	<p>(3) https://www.ice.gov/coronavirus</p> <p>(4) Office for Civil Rights & Civil Liberties, US Department of Homeland Security: communityengagement@HQ.DHS.GOV</p> <p>(5) Americans for Immigrant Justice: 3000 Biscayne Boulevard, Suite 400, Miami, FL 33137, 305-573-1106.</p>
UNICEF	<p>(1) https://www.unicef.org/coronavirus/covid-19</p> <p>(2) https://www.unicef.org/coronavirus/fact-or-fiction-how-much-do-you-actually-know-about-coronavirus-covid-19#R421266-A797462A</p>
Veterans	<p>(1) Mission United – United Way of Miami-Dade: 305-646-7130, missionunited@unitedwaymiami.org</p> <p>(2) Legal Services of Greater Miami: https://www.legalservicesmiami.org/</p> <p>(3) Miami VA Healthcare System: https://www.miami.va.gov/emergency/index.asp</p> <p>(4) Miami Healthcare for Homeless Veterans Assistance: https://www.va.gov/homeless/hchv.asp</p> <p>(5) Veterans Crisis Line: 1-800-273-8255</p> <p>(6) National Call Center for Homeless Veterans: 1-877-424-3838</p> <p>(7) City of Miami: 305-960-4980</p> <p>(8) Miami VA Medical Center: 205-575-7000</p> <p>(9) Miami-Dade County Homeless Trust: http://www.homelesstrust.org/, https://floi.legalserver.org/modules/matter/extern_intake.php?pid=38&h=757e8c (online intakes), intake@411veterans.com (email)</p>





Jump Start

Early Childhood Consultation

	<p>(10) https://www.411veterans.com/, (305) 576-0080</p> <p>(11) The Advocate Program: https://advocateprogram.org/serving-veterans-and-their-families/</p> <p>(12) To report racist behavior, harassment or discrimination due to COVID-19, please contact: CommunityEngagement@hq.dhs.gov</p>
World Health Organization	(1) https://www.who.int/emergencies/diseases/novel-coronavirus-2019

