Taking Care of Children and Families During COVID-19

Early care and education providers, and the children and families they serve, are facing many challenges related to health, work, and child care during the current COVID-19 outbreak. In recent weeks, most everyone has had to change their usual daily activities. These changes, along with the emotions that people are feeling, can be difficult for providers, families, and children. But there are many things you can do to support the families and children you serve, including taking care of yourself!

The OEC has compiled this short list of the many resources available, highlighting ways that you can continue your work of caring for children and families during this trying time. As you work to keep everyone healthy and safe, following the state and Centers for Disease Control and Prevention (CDC) Guidelines, we hope that these resources also help you respond to the ongoing changes and challenges families and children (and you) are experiencing.

Comprehensive Resource: Taking Care of Children, Families, and Yourself

- The Fred Rogers Center: Support for Helpers During Coronavirus: This website includes ideas and resources related to supporting young children and yourself during this time.

Taking Care of Children

- National Center for Pyramid Model Innovations (NCPMI) resources related to helping children and families cope.

Supporting Families

You may choose to share the document, Taking Care of Your Child During Covid-19, or you may share the individual resources below with the families you support:

- Connecticut Early Learning and Development Standards (CT ELDS) Action Guides
- Hechinger Report: Stuck at home with young kids due to the coronavirus? Here’s what to do and not to do: Experts share tips, advice on screen time, activities
- The National Association for the Education of Young Children (NAEYC) offers many resources and strategies to promote your child’s learning at home.

Taking Care of Yourself

- Keeping yourself calm during uncertain times can be a challenge. If you are feeling overwhelmed, there is help. Check out the CDC guide to managing stress and anxiety during this pandemic.
- Get support when needed at 211ct.org.

For more information on COVID-19, visit the Connecticut Department of Public Health.