Taking Care of Your Child During COVID-19

Families across Connecticut are facing many challenges with health, work, and child care during the current COVID-19 public health emergency. In recent weeks, most families have had to change their usual daily activities. These changes, along with the emotions that people are feeling, can be difficult for both adults and children. But there are many things you can do to support your children, including taking care of yourself!

The CT Office of Early Childhood (OEC) has compiled this short list of resources for families during this trying time. We hope that these resources are helpful as you respond to the changes, and focus on staying healthy and safe.

Overall Resource

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

Resources for Supporting Children During This Time

Meeting Your Child’s Social and Emotional Needs

- Maintaining familiar but flexible routines can help your child feel safe and secure.
- National Center for Pyramid Model Innovations (NCPMI) has information to support families in helping young children cope with the challenges that might occur during stressful emergency or disaster situations.
- PBS article that gives additional guidance on how to talk to kids about COVID-19.
Supporting Learning At Home

- 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 your family calm and happy during uncertain times can be a challenge. Take time to check in with yourself. Sometimes just recognizing your own feelings can help you take action or change your thoughts.
- Do your best to get good sleep and eat healthy. Talk with family and friends on the phone or using video chat to keep spirits up. This is all new, so give yourself a break as you figure out this new normal.
- Taking care of yourself will allow you to better take care of your children. The best thing you can give to your children during this time is love and support.
- 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.