

Erikson Institute

RESOURCES FOR EMERGENCY CHILDCARE PROVIDERS

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Support Resources for Caregivers

- [Caregiver Connections](#) provides caregiver support to address the social and emotional needs and behavioral concerns of children in childcare settings – home or center. They are still providing services to the child care providers statewide and are available by phone and video conferencing during this crisis. They are also regularly checking their main office line voicemail at 217-231-0500.
- [Fussy Baby Network](#) (an Erikson Institute project). Family resource that has Infant specialists on hand to help families struggling with their infants' crying, sleeping, or feeding. There are no fees during the "shelter in place" period. Telephone support is available at 888-431-2229 and video home visits are also available. Contact by email at fussybaby@erikson.edu. They will also be launching [Facebook](#) Live events on infant massage, baby yoga and connection ideas.
- [Townsquarecentral.org](#) (an Erikson Institute project). A web portal for family child care resources in Illinois - lots of content information, short videos, resources, etc.
- [EarlyEdU Alliance](#) has five free learning modules on emotional literacy, building skills in two languages, using interactive media, mindfulness and family engagement. The modules range from one-and-a-half to three hours long.

Latest COVID-19 Information/Guidance

- [Illinois Governor's Office of Early Childhood Development-COVID-19](#). This page contains: links to important COVID-19 resources; for providers: updates from state agencies and resources for home visiting and Head Start/Early Head Start programs; resources for families with young children; and early childhood events cancelled due to COVID-19.
- [Emergency Child Care Providers and Essential Workers Seeking Child Care](#). This Illinois GOECD page contains information and resources on emergency child care for: essential workers; child care providers; and volunteers who want to offer support.
- [Illinois Department of Public Health-Daycare Guidance](#). Provides latest guidance on preventative actions to prevent the spread of COVID-19. The rest of the site reports on latest number of cases in the state, FAQs and guidance for shelters, businesses and organizations, households, long-term care facilities, hotels, etc.
- [Center for Disease Control and Prevention-Schools and Child Care](#). Provides latest guidelines on planning and preparedness. The rest of the site reports on latest number of cases across the nation, FAQs, prevention, symptoms to watch for, what to do if you're sick, how to take care of someone who is sick.

Health Safety: How to Prevent Spread of COVID-19

- [Emergency Preparedness Planning Guide for Child Care Centers & Child Care Homes](#)
- [American Red Cross Emergency Reference Guide](#) Provides guidance on emergency care for breathing issues, choking, cardiac issues, etc.
- [Supporting Children and Families during the COVID-19 Pandemic](#) The Early Childhood Technical Assistance Center provides national technical assistance center focused on building state and local system capacity to improve outcomes for children with disabilities and their families.
- [Health Emergencies page at Sesame Street Communities](#). Provides guidance on how to talk to children about COVID-19 and a new normal. Includes short videos and printouts for kids on washing hands, coughing safely, etc.
- [CDC Guidelines for Child Care Programs that Remain Open](#). This site includes general preparedness and planning, social distancing strategies
- [Tips for Families: Coronavirus](#). Offers tips for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.
- [CDC Frequently asked questions: Covid 19 and Children](#)
- [COVID-19: How to Protect Your Family, How to Care for Someone with COVID-19](#). Healthychildren.org is a resources powered by pediatricians and trusted parents and lives under the American Academy of Pediatrics.
- [Emergencies and National Disasters: Helping Children and Families Cope](#). Includes fact sheets and printable handouts on talking to children about COVID-19, helping families cope with the coronavirus disease, helping children during a pandemic and the latest guidance from the U.S. Department of Education and Health and Human Services.
- [Resources for Early Childhood Policymakers on Preventing and Preparing for Novel Coronavirus \(COVID-19\)](#) National Institute for Early Education Research has a list of links to resources.
- [Mental Health, Domestic Violence, Substance Use Resources for the COVID-19 Crisis](#). The Education Development Center has articles on ways to stay calm, resources to support mental health and people with substance use disorders, domestic violence, working from home, and more.
- [Parent/Caregiver Guide to Helping Families Cope With COVID-19 \(PDF\)](#). National Child Traumatic Stress Network fact sheet to help you think about how an infectious disease outbreak might

affect your family—both physically and emotionally—and what you can do to help your family cope.

Setting the Environment

Learning Environment

Videos

- [Caring for Mixed-Age Groups Webinar](#) (56:20 min., starts at 2:05)
- [Learning Through Routines with Sesame Street in Communities Webinar](#) (48:54 min.)
- [Family Child Care Environments](#) (48:46 min.)

PDFs

- [Using Mixed-Age Groups to Support Continuity of Care in Center-Based Programs](#)

Inclusive Environment for Children with Special Needs

[Supporting Individuals with Autism through Uncertain Times](#). An online toolkit from an interdisciplinary team at the University of North Carolina at Chapel Hill will help families and caregivers supporting individuals with autism during the COVID-19 epidemic.

[The Other Coronavirus 'Front Line': At Home With Special Needs Children](#). ABC News segment.

[Helping Young Children With Disabilities During a Trying Time](#). Tips and guide for parents or caregivers caring for a child with few outside supports.

Videos

- [Meaningful Inclusion in Early Childhood](#) (5:53 min.)
- [Building Supportive Environments: Setting Rules and Expectations, Developmentally appropriate interactions](#) (6:31 min.)

- [Developmental Delays, Spanish](#) (5:38 min.)

PDFs

- Facts About Developmental Disabilities, Developmental Milestones
 - [English](#)
 - Spanish: Page translates into Spanish

Activity Resources

- [Ready4K-Text Message Platform](#). Free now through June 30. Each week, parents and caregivers receive texts (about three times/week) on fun facts and easy tips on how to promote their children's development by building on existing family routines – like pointing out letters on the cereal box at breakfast, counting the number of steps as you walk to the car or bus, or making feeling faces in the mirror after you brush your teeth.

PDFs

- [List of Social Emotional Books for Children](#) (ages 2-8)
- [Chicago Children's Museum's Parenting Playbook](#) provides parents and caregivers tips, tricks, and secrets from museum experts and friends.
- [Better Kid Care: 101+ Ways to Keep Kids Busy](#)

Other

- [TIME for Kids](#) offers free digital editions with teaching tools, worksheets and quizzes for children in kindergarten through sixth grade. (K-8th grade)
- [But Why](#) is a podcast led by questions that children ask. Length of episodes average 20 min and maybe be best for older children and helpful for adults needing language/messaging on big topics.
- [Caring for Each Other](#) is an initiative of Sesame Street providing content and resources you can use with your family to offer comfort and spark playful learning activities during the COVID-19 outbreak.

Basics of Child Development

- [Pathways](#) provides free tools to maximize all children's motor, sensory, and communication development from ages 0-6. Includes videos, checklists and brochures.

- [The Developing Child](#). Brief video segments from PBS on language development, learning right from wrong, and the developing brain.
- [Infant and Early Childhood Development](#) learning modules by The Institute for the Advancement of Family Support Specialists. Modules range from 30-45 minutes on various topics such as baby behavior, dual language learners, infant care, prenatal basics for home visitors, etc.
- [Head Start Early Childhood Learning and Knowledge Center](#). Provides guides and resources on child screening and assessment, curriculum, learning environments, transitions, teaching practices, etc.
- [NAEYC: Articles on Young Children's Development](#) Find research-based resources, tips and ideas for families—from child development to reading, writing, music, math, and more.
- [CDC Child development basics](#) includes tips on parenting practices and developmental milestones to look for.
- [Harvard's Center on the Developing Child](#) includes videos and podcasts on brain-building, building responsive relationships and more.
- [Early Childhood Development and the Foundations of Prosperity \(PPT\)](#) Presentation by Harvard Graduate School of Education Science Director for the National Forum on Early Childhood Policy and Programs.
- [Stress, resilience and the role of science: responding to Coronavirus](#). Article from Harvard University on the immediate effects and long-term impacts of this rapidly changing situation will not be evenly distributed.
- [The Science of Child Development and Resilience \(PPT\)](#). A presentation by a professor at University of Washington

Social Emotional Development

- [CASEL: SEL resources during COVID 19](#). The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a trusted source for knowledge about high-quality, evidence-based social and emotional learning.
- [Resources for supporting Children's emotional development through COVID 19](#). Guidance, recommendations, and resources provided by child trauma experts at Child Trends and the Child Trauma Training Center at the University of Massachusetts.
- [NAEYC : Building social and emotional skills at home](#)

- [NAEYC: Social and Emotional Development](#). Resources offer information about the latest research, ideas for classroom practice, and strategies to share with families.
- [Center for the Social and Emotional Foundations for Early Learning: Families](#). Parent training modules in the form of PowerPoint presentations and PDFs on making the most of playtime, teaching about feelings, daily routines, etc.
- [Practical Strategies for Teachers/Caregivers](#). Includes scripted stories for social situations and guides for hands-on ways to embed social emotional skill-building activities into everyday routines.
- [Teaching your child to identify and express emotions](#)
- [All Kinds of Minds: Learning To Relate To Others](#)
- [Zero to Three: Social and Emotional Development](#). Features videos and podcasts on how to help your child develop empathy, strategies for children who cling to parents, teaching your child to cooperate.
- [The Pyramid Model for Supporting Social Emotional Competence in Infants and Young Children](#) (Must purchase for access) Provides modules for early educators to build skills for supporting nurturing and responsive caregiving, create learning environments, provide targeted social-emotional skills, and support children with challenging behavior.
- [Social and Emotional Development of Young Children](#). The Institute for the Advancement of Family Support Specialists created this 45-minute online module describes the social and emotional development of infants, toddlers and young children. Participants will learn typical social and emotional developmental milestones as well as practices and approaches to support families in supporting their young children's social and emotional development. They'll also learn to recognize risk factors and signs of potential concerns.
- [Social-Emotional Teaching & Learning Lab at University of Illinois Chicago](#). Includes tip sheet on talking to preschool children about violence, a PowerPoint presentation for parents on raising an emotionally competent child as well as brief research reports.
- [Telehealth Service in Infant Mental Health Home Visiting](#)
- [Letter from The Illinois Children's Mental Health Partnership And The Illinois Childhood Trauma Coalition Regarding Covid-19](#)
- [ChildTrauma Academy Library](#) provides a set of free resources for parents, caregivers, educators and professionals.

Videos

- [InBrief: The Science of Early Childhood Development](#) (3:57 min.)
- [Building Positive Relationships with Young Children](#) (9 min.)
- [Toxic Stress Derails Healthy Development](#) (2 min.)
- [InBrief: What is Resiliency?](#) (2:22 min.)
- [Building Resilience in the Community](#) (0:55 min.)
- [Offering comfort Webinar](#) (47:22 min., starts at 3:05)

PDFs

- Understanding stress poster
 - [Spanish](#)
 - [English](#)
- Fostering Emotional Literacy in Young Children: Labeling Emotions (Handout)
 - [English](#)
 - [Spanish](#)

Language Development (including attachment and relationships)

Videos

- [Language Development and Visual Cues](#) (Sign up required to access three free videos)
- [A Window To The World: Promoting Early Language and Literacy Development](#) (5:12 min.)
 - Activities for language development (:49-1:39)
 - Trusting relationships and Language Development (1:40- 2:40)
- [Serve & Return Interaction Shapes Brain Circuitry](#) (2 min.)
- [How-to: 5 Steps for Brain-Building Serve and Return](#), Language Development (7 min.)
- [Supporting Oral Language Development in a Language-Rich Environment](#) (9:32 min.)
- [Dual Language Development](#) (10:49 min.)
- [English Language Learners and Language Development](#) (3:28 min.)
- [Supporting dual-language learners during read-alouds](#) (1:14 min.)

PDFs

- Supporting Dual Language Learners Poster
 - [English](#)
 - [Spanish](#)

Physical Development

Videos

- [Improving your child's fine and gross motor skills](#) (3:49 min.)
- [Supporting Physical Development in Infants and Toddlers](#) (3:20 min.)
- [The Sensitive Period for Movement for Infants and Toddlers, Gross Motor Skills](#) (6:25 min.)
- [Fine Motor Development From Birth to 5](#) (11 min.)

PDFs

- [Activities: Help Your Child Build Fine Motor Skills](#)
- [Linguistically and Culturally Appropriate Practice](#)

Play

[Peace First: digital activity center](#). Provides full curriculum for pre-kindergarten through middle school, over 100 theme-based activities and cooperative games, as well as toolkits, tip sheets, and other resources to support your work with young people in and out of the classroom.

Videos

- [Play in Early Childhood: The Role of Play in Any Setting](#) (8 min.)
- [Building Babies' Brains Through Play: Mini Parenting Master Class](#) (5:26 min.)
- [The Work of Play](#) (Sign up required to access three free videos)

PDFs

- Active Play: Tips for Families Handout
 - [English](#)
 - [Spanish](#)