



Early Childhood Resources

An informal collection of resources to support child and family well-being during periods of school/program closures and telework arrangements

Compiled by University of Washington College of Education faculty

Updated as new resources are discovered

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Resources to Support Families & Young Children

Revised 3/13/2020

Helpful Tips for Families during the Coronavirus

What You Can Do for Yourself (from [Centers for Disease Control & Prevention](#)):

- Take care of your body— Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Learn more about [wellness strategies](#) for mental health.
- Connect with others— Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.
- Take breaks— Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- Stay informed— When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.
- Avoid too much exposure to news— Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
- Seek help when needed— If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at 1-800-985-5990.

What You Can Do for Your Child (from [Centers for Disease Control](#) and Prevention):

- Take time to talk with your child about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child can understand.
- Reassure your child that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can

learn how to cope from you.

- Limit your child's exposure to media coverage of the event. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Help your child to have a sense of structure. Once it is safe to return to school or child care, help them return to their regular activity.
- Be a role model; take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members and rely on your social support system.

Tips for Talking to Your Child about the Coronavirus:

This [social story](#) about coronavirus may be helpful.

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

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

Tips for Coping with Coronavirus Stress: From [Parent/Caregiver Guide to Helping Families Cope with Coronavirus Disease 2019 \(COVID19\)](#)

- Even if your family is isolated or quarantined, realize this will be temporary.
- Keep your family's schedule consistent when it comes to bedtimes, meals, and exercise.
- Make time to do things at home that have made you and your family feel better in other stressful situations, such as reading, watching movies, listening to music, playing games, exercising, or engaging in religious activities (prayer, participating in services on the Internet).
- Have children participate in distance learning opportunities that may be offered by their schools or other institutions/organizations.
- Recognize that feelings such as loneliness, boredom, fear of contracting disease, anxiety, stress, and panic are normal reactions to a stressful situation such as a disease outbreak.
- Help your family engage in fun and meaningful activities consistent with your family and cultural values

Tips for Supporting Your Child's Learning During Extended School Closures

([Northshore School District: Northshore Learns](#) website has full description of each tip):

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- Create a learning space and schedule
 - Share learning with teachers
 - Check Progress
 - Create support networks for unique circumstances

Useful Websites or Apps for Young Children & Families

Language & Literacy

- [Unite for Literacy](#): A collection of audio/picture books that are read aloud to your child.
- [Reading Rockets-- Reading Adventure Packs](#): These downloadable guides offer at-home ideas for books and activities. The guides start at Kindergarten, but most of the books would be appropriate for preschoolers and the activities can be adapted for a range of ages.
- [Starfall.com](#): Designed for kindergarten, but many of the early literacy games are appropriate for preschoolers.
- [Mind in the Making Skill Building Book Tips](#): This resource provides a book list and then ideas for how to use the books to support the seven essential life skills of Mind in the Making
- [Talking is Teaching](#): "Talking is Teaching: Talk, Read, Sing" is a public awareness and action campaign that helps parents recognize their power to boost their children's early brain and vocabulary development through simple, everyday actions - like describing things while walking outside, or singing songs together during bath time. Uses books, parent videos, text messaging, social media, and information from expert partners.

Math & Science

- [Math at Home Toolkit](#): This resource is from a trusted leader in early childhood. It gives practical ideas for everyday math in English and Spanish. Ideas designed for children ages 0-5.
- [PlayDough Power](#): Includes a recipe for playdough and fun ideas for talking and exploring with your child.
- [Zeno Math Games](#): Really fun math games that can build your child's confidence and excitement about math!

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- [Gracie & Friends Apps](#): WGBH Educational Foundation has pioneered children's educational media for decades. First 8 Studios at WGBH is dedicated to carrying this pioneering spirit into the digital, mobile world, building and researching new learning experiences for children, their parents and teachers from birth through age 8.
 - [Story Time from Space](#): This is a project of the Global Space Education Foundation. While in space, astronauts are videotaping themselves reading books to the children of Earth. Astronauts on the ISS will also conduct and videotape educational demonstrations designed by Veteran Canadian Astronaut, Bjarni Tryggvason, to complement the science concepts found in the Story Time From Space books – look under the heading “Science Time Videos”.
 - [Early Math Collaborative](#): Provides ideas for teaching math to young children and primary grade school students
 - [Circle Time Magazine](#): Join our hosts as they discuss topics related to interacting with young children every day. Each episode features guests sharing tips and expertise, trying out materials, highlighting their favorite books, and showing video examples so you can see learning in action.
 - Season 1: [Episode 1: Mathematizing](#)
 - Season 1: [Episode 2: How Big am I? Learning Measurement Concepts in Early Childhood](#)
 - Season 1: [Episode 3: Let's go on a Shape Hunt – Increasing our Knowledge about Geometry & Spatial Awareness](#)
 - Season 1: [Episode 4: Moving to the Beat! – Let's Learn About Patterns in Early Childhood Math](#)
 - [San Diego Zoo Live Cameras](#): Families can view live footage of baboons, penguins, polar bears, apes, giraffes, condors, tigers, and more.

Music & Arts

- [Chrome Music Lab](#): Explore different features of sound from a computer or tablet. Children can make their own songs and art.
- [Listen and Learn Orchestra](#): The Dallas Symphony Orchestra provides short audio files of a variety of instruments. Adult support would be needed to navigate the site.

Movement & Physical Development

- [GoNoodle](#): A website with “active screen time” videos that encourage movement in a safe, child-friendly platform. Free family log-in available.

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- [CosmicKids](#): YouTube channel focused on yoga, calming, and stretching for young children. Easy-to-follow directions, and many are themed around popular movies or characters.

General Resources

- [Zero to Three- Parent Favorites](#): A list of most-read resources from a national organization devoted to infants, toddlers, and their families.
- [Cultivate Learning](#): Cultivate Learning at the University of Washington has curated some resources for parents with children at home.
- [CommonSense Media](#): Provides age-based reviews of movies, TV shows, and other media to help you decide whether it is appropriate for your child.
- [Kahn Academy](#): Free online courses for kids in several subjects
- [PBS Activities for children](#). Educational activities for the whole family
- [Useful Tips for VideoChatting with Young Children](#): An article with guidelines for how to help children connect with distant family members or friends using video calls.
- [VrOom!](#) Free, science-based tips and tools help parents and caregivers give children a great start in life today—and an even better future.
- [Family Tips](#): Positive Behavioral Support and Social and Emotional Learning for Young Children
- [Talking is Teaching](#): Great every day tips for supporting your infant, toddler and young child's everyday learning!
- [First Five CA](#): A list of fun learning activities to do at home to support babies, toddlers and preschoolers.
- [Teacher Time](#): Super fun webisodes with ideas for teaching preschool age children. Designed for teachers but **useful for parents and other caregivers too.**
 - Take It Outside! Adventures in Nature with STEAM
 - Preschool Math Ideas: Hiding in Plain Sight
 - Art and Storybooks: Ideas from STEAM
 - Learning by Building: Engineering for Preschool Children
 - Beyond Sink and Float: Science for Preschool Children
 - More than Fun and Games: Digital Technologies and Children's Learning
 - When Children Ask "Why?" STEAM Sharpens Their Inquiry Skills
 - Click, Zoom, Buzz: Adding STEAM to Everyday Activities
 - Help Me Make a Strong Start! Strategies for Successful Kindergarten Transitions

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- Teachers' Choice! Digging Deeper into Challenging Behavior: Part 1
 - Teachers' Choice! Digging Deeper into Challenging Behavior: Part 2
 - It's a Big Problem! Teaching Children Problem-Solving Skills
 - Help Me Calm Down! Teaching Children How to Cope with Their Big Emotions
 - Change Doesn't Have to Be Hard: Daily Classroom Transitions that Support Children
 - [Somerville Home-School Curriculum](#) - daily menu of educational activities to do with young children during extended period at home

Childcare Information and Resources

Local childcare providers and community leaders are responding to the fluid situation in our community. This list will grow as we become aware of new decisions or arrangements.

- Childcare offered by Boys and Girls Club of King County: Register Here https://apps.dashplatform.com/dash/index.php?Action=ProgramFinder/index&company=bgc_kc&facilityID=22&seasonID=0
- Governor Inslee has asked school districts to provide free childcare for families of medical professionals and first responders
- ChildcareAwareWA maintains an active page of COVID19 FAQs and resources for families and providers: <https://childcareawarewa.org/2020/03/05/covid-19-what-can-child-care-providers-do/>

Disclaimer

These free resources are intended to be helpful to families. We are not responsible for the content of external sources.