

COVID-19 Resource List

July 2020

The following resources have been compiled from many sources and are intended to support Early Start FRCs in their ongoing support to their families during this unprecedented COVID-19 event. We have made every effort to compile appropriate resources and have visited all these websites to verify at a macro level. As always, encourage you to use your own judgement when accessing and sharing resources. Previous Resource Lists may be found on the frcnca.org homepage.

Your FRCNCA staff is ready to help you as we can so please feel free to reach out and let us know what you might need and how we can support you. Questions and other resource ideas may be directed to espprogram@frcnca.org or 916-993-7781.

You may reach your fellow ESFRC Directors via the directors@frcnca.org listserv

Where to go for things to do with kids:

- [TinkerLab for Mini Makers and Inventors](#), Ages 2 and up - *TinkerLab* ranks as one of the top 25 creative mom blogs by *Circle of Moms*. Rachele Doorley, an arts educator and parent., posts tinkering projects and ideas on *TinkerLab*. The site is easy to navigate as projects are listed visually and alphabetically by category. Participate in the tinkering sketchbook challenge, build a Rube Goldberg machine, fly a tea bag hot air balloon or get messy in the kitchen!
- Move, Play, and Learn at Home offers [Activity Sheets in Spanish and English](#) by child's age. These activities teach families the importance of physical activity for young children. They offer a variety of ideas, strategies, information and resources for parents to use the space within their homes, the materials they have, and their limited time to model and encourage physical activity.
- [Camp Tinkergarten's](#) 8 weeks of expert-designed activities are easy on you and delightful for kids. One new week of activities is released each Friday. The Camp Tinkergarten Map allows kids to get excited about 8 themes and track progress throughout the summer. With versions for baby, toddler, preschool and elementary ages, all kids can enjoy and develop 8 core skills as they play.
- [Home Activities for Families of Young Children](#) from Child 360. Available in Spanish & English.

Where to go for financial resources:

- Fannie Mae offers [resources for renters](#) affected by COVID-19
- Help When You Need It offers a [searchable data base](#) of private and public resources including food pantries, stores that accept food stamps, assisted living facilities, domestic violence shelters, homeless shelters, hospitals, mental health treatment, substance abuse treatment, free clinics, V.A. facilities, women's clinics, legal assistance or financial assistance.
- USA.gov provides information on help available through the Coronavirus Aid, Relief, and Economic Security (CARES) Act. Learn about government programs to help pay for phone bills, medical bills, and other expenses. Information is also available on how to apply for temporary assistance. [Spanish English](#)

Where to go for resources for your families:

- [*Heroes for Health*](#) – Sesame Street offers content created especially with front-line families in mind.
- Action for Happiness [*Jump Back July calendar*](#) available in 24 languages (past versions also available)
- [*Defending the Early Years: Guidance for Supporting Young Children through Covid-19*](#) offers a comprehensive guide which includes sections on communicating with families, routines, play, screen time and more.
- AidinInspired offers a [baseball cap mask](#) for sale for \$15.
- [*Helping Children Learn to Read Emotions when wearing Masks*](#) from National Center for Pyramid Model Innovations
- *Wearing Masks* a scripted story from National Center for Pyramid Model Innovations. [Spanish](#)
[English](#)

Where to go for resources for your ESFRC:

- [*For What Work-Related Expenses Must I Reimburse Remote Employees?*](#) Blue Avocado offers information on how to determine what expenses may be reimbursable for your remote employees.
- [*Work Remotely without Losing Your Mind*](#) from OZY offers tips to help remote workers work effectively from home.
- OSEP offers [*Fast Facts: Infants and Toddlers with Disabilities*](#) which provides graphic representations of demographics of children receiving Part C services.
- [10 Solutions for Zoom Fatigue](#) offers actionable tips to help survive the boom in Zoom meetings.
- CalNonprofits shares [*FAQs for nonprofits on reopening during the pandemic*](#) from the Governor's office.

Where to go for social emotional support:

- [*Resources to Support Children's Emotional Well-Being Amid Anti-Black Racism, Racial Violence and Trauma*](#) from Child Trends
- Be Strong Families offers a colorful poster entitled ["100 Ways to reduce Toxic Stress"](#)
- [Greeting Board for Social Distancing](#) in Spanish and English shares pictures to demonstrate ways children can greet others while maintaining social distancing. From National Center for Pyramid Model Innovations.