Viewer's Guide

This viewer's guide helps you remember some key ideas for supporting children and families while your program is closed. It also has reflection questions and activities to stimulate your thinking about how you can support children's learning. You can also find additional resources in the Resources section of this guide.

1. Wash Your Hands

	1A. What strategies did the mother use to support language development?
	1B. What other routines could the mother use to enhance her child's language development goals?

2. Using Materials at Home to Support Math Learning

WRITE DOWN SOME IDEAS YOU WANT TO SHARE WITH FAMILIES
1.
2.
3.

3. Make Time for You!

WRITE DOWN THREE THINGS YOU ARE DOING TO MANGAE YOUR PHYSICAL AND EMOTIONAL HEALTH
1.
2.
3.

Resources

Online Resources	**For Families**
	
	- The importance of self-care
	  https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care
	
	- Support healthy eating habits
	  https://www.eatright.org/
	  https://www.eatright.org/coronavirus-spanish
	
	- Tips for video chatting
	  https://www.naeyc.org/our-work/families/tips-video-chatting-young-children
	
	- Video chats and infants
	  https://www.npr.org/sections/13.7/2016/10/03/496362094/could-video-chats-be-good-for-your-infant
	
	- Supports for managing behaviors that are challenging to parents
	  https://challengingbehavior.cbcs.usf.edu/docs/Family-Strategies_Infographic.pdf
	
	- Family teaching and learning at home
	  https://talkingisteaching.org/assets/illustrations/staycation-toolkit-v3.pdf
	
	- Parent guide to digital tools to support learning
	  https://eclkc.ohs.acf.hhs.gov/publication/parents-guide-digital-tools-support-childrens-learning
	
	- Mental health tip sheet for families
	  https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/mental-health-family-tips.pdf
	
	For Teachers
	
	- Effective practice guides
	  https://eclkc.ohs.acf.hhs.gov/interactive-head-start-early-learning-outcomes-framework-ages-birth-five
	
	- Digital tools for engaging families to support children's learning
	  https://eclkc.ohs.acf.hhs.gov/family-engagement/articledigital-tools-engaging-parents-support-childrens-learning
	
	- Professionalism and self-care
	  https://eclkc.ohs.acf.hhs.gov/video/early-essentials-webisode-6-professionalism-self-care
	
	- Guide to developing relationships with families
	  https://eclkc.ohs.acf.hhs.gov/family-engagement/developing-relationships-familiesguide-developing-relationships-families
	
	- Head Start Heals Campaign
	  https://eclkc.ohs.acf.hhs.gov/mental-health/article/head-start-heals-campaign

Resources

Online Resources	**Mobile Apps**
	■ Ready DLL Mobile App
	https://eclkc.ohs.acf.hhs.gov/culture-language/article/ready-dll-mobile-app
	■ Text4Teachers
	https://eclkc.ohs.acf.hhs.gov/teaching-practices/article/text4teachers
	■ Head Start Early Learning Outcomes Framework (ELOF)
	https://eclkc.ohs.acf.hhs.gov/school-readiness/article/head-start-early-learning-outcomes-framework
	▪ There's the ELOF for That (video)
	▪ ELOF Interactive Framework
	▪ ELOF2GO Mobile App
	▪ MiELOF applicación móvil
	https://eclkc.ohs.acf.hhs.gov/es/preparacion-escolar/articulo/aplicacion-movil-mielof-en-espanol
	MyPeers
	https://eclkc.ohs.acf.hhs.gov/about-us/article/mypeers-collaborative-platform-early-care-education-community
	■ Teacher Time
	https://mypeers.mangoapps.com/ce/pulse/user/teams/group/profile_view?project_id=876521