

A young child with dark hair is looking up and holding a white card with a colorful rainbow drawing. The background is a blurred outdoor setting. To the right of the child, there are two white arrows pointing upwards, one smaller than the other.

HEAD START STRONG

COVID-19 EPIDEMIC: RESOURCES FOR HEAD START GRANTEES

Whether your program is physically open or closed, Head Start children and families are depending on you.

While there are many valuable resources online this compilation can support your mission-critical work during this fast-changing time. Most resources also suggest a related Head Start [MyPeers community](#) where you can ask questions and share resources and strategies.

If you can't find a resource that meets your need, [please let us know](#).

We'll try to find it for you.

MEANWHILE, PLEASE TAKE CARE OF YOURSELF.

Thank you for your resourcefulness and resilience. You are helping children and families keep building on the progress they have made in your program.

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PLANNING RESOURCES

Program-Wide Needs

Coronavirus: Grantee Guidance and FAQs from OHS

<https://eclkc.ohs.acf.hhs.gov/physical-health/article/coronavirus-prevention-response>

Children with Disabilities: Coronavirus Funding and Guidance

<https://ectacenter.org/topics/disaster/coronavirus.asp>

Updated funding and guidance information for state Part C and Part B, Section 619 programs during the COVID-19 pandemic.

Guiding Questions for the Pandemic Period: Revised Head Start Management Systems Wheel

Coming soon on ECLKC

The revised HSMS Wheel organizes guiding questions for immediate and temporary needs so programs can recalibrate during a pandemic and move forward.

Head Start A to Z, 2.0: Technology and Information Systems

Coming soon on ECLKC

Technology is crucial in providing efficient and effective services to children and families. Explore considerations for implementing and maintaining effective technology and information systems.

Office of Head Start Mobile Apps

https://play.google.com/store/apps/details?id=com.ohs.elof_at_home&hl=en_US

<https://apps.apple.com/us/developer/office-of-head-start/id806262526>

OHS has seven mobile applications. Once downloaded, some don't need Internet access.

Pandemic Programmatic and Community Update

Coming soon on ECLKC

This matrix will help grantees describe and document the effects of the pandemic on their program's operations, and evaluate the effectiveness of their response and recovery plan.

Social Media Essentials for Getting Head Start Programs Connected

<https://eclkc.ohs.acf.hhs.gov/organizational-leadership/learning-module/social-media-essentials-getting-head-start-programs-connected>

Use this interactive learning module to explore how different social platforms can help you stay connected with families and meet their changing needs.

Stress and Coping (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Guidance for everyone. In five languages.

Serving Families

Economic Mobility: Toolkit for Head Start and Early Head Start

<https://eclkc.ohs.acf.hhs.gov/publication/economic-mobility-toolkit-head-start-early-head-start>

Respond to families' concerns about economic stability. Use this toolkit to build partnerships with your local workforce development board and local American Job Center. Build your staffs' knowledge, as you help families find work and establish new career pathways.

Related MyPeers Community: Economic Mobility Learning

Domestic Violence: Sample MOU for Community Partnerships

<https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/enhancing-community-partnerships>

During these stressful times, consider expanding your partnerships with domestic violence programs. Use the sample MOU to guide joint planning as you ensure child and family safety and healing.

Related MyPeers Community: PFCE Deepening Practice

Dual-Language Learners: Ready DLL App

<https://eclkc.ohs.acf.hhs.gov/culture-language/article/ready-dll-mobile-app>

Build rich language experiences and implement strategies to support children who are DLLs.

Related MyPeers Communities: Culturally and Linguistically Responsive Practices; Teacher Time; Home Visitors

Family Engagement: Relationship-Based Competencies (RBCs)

<https://eclkc.ohs.acf.hhs.gov/family-engagement/article/relationship-based-competencies-support-family-engagement-family-services>

Family services staff and supervisors, review the 10 RBCs and prioritize practices for working remotely.

Related MyPeers Community: PFCE Deepening Practice

Family Engagement: Tips for Staff to Share

<https://preventchildabuse.org/coronavirus-resources/>

Ideas for helping families stay socially connected and engaged as a family.

Related MyPeers Communities: Health, Safety, and Wellness; Mental Health Consultation

Health Tips for Home Visitors to Prevent the Spread of Illness

<https://eclkc.ohs.acf.hhs.gov/publication/health-tips-home-visitors-prevent-spread-illness>

Staff and families can use these tips to minimize the spread of germs that can cause illness.

Related MyPeers Communities: Health, Safety, and Wellness; Home Visitors

Infant Mental Health: Telehealth Services

https://static1.squarespace.com/static/5884ec2a03596e667b2ec631/t/5e7a06b74a30cc36ee11cc30/1585055421397/Telehealth+IMH+Document.pdf?utm_sq=gd5by6lk9l&utm_source=facebook&utm_medium=social&utm_campaign=alliancefortheadvancementofinfantmentalhealth&utm_content=selfpromotion

Mental health providers, home visitors, teachers, and family services staff can use this tip sheet to help frame their outreach to families via telephone or video calls.

Related MyPeers Communities: Mental Health Consultation; Home Visiting

Making Videos at Home: Tips for Educators

<https://www.naeyc.org/resources/blog/making-videos-home-tips-educators>

Useful tips for supporting families through videos staff make at home.

Related MyPeers Communities: Home Visiting; PFCE Deepening Practice; Teacher Time

Parent-Child Relationships: Reinforcing Bonds

<https://eclkc.ohs.acf.hhs.gov/publication/encouraging-strong-parent-child-relationships>

Simple tips for Head Start staff to support and reinforce parent-child bonds during these stressful times.

Related MyPeers Communities: PFCE Deepening Practice; Teacher Time; Home Visiting

Parent Peer Learning: Parenting Curricula Review Databases

<https://eclkc.ohs.acf.hhs.gov/parenting/article/parenting-curricula-review-databases>

Consider offering your parenting curricula on virtual platforms. Support parents relationships with their children and with other parents using curricula from these parenting curricula databases.

Related MyPeers Community: PFCE Deepening Practice

Pregnancy During the Coronavirus

https://www.marchofdimes.org/materials/COVID19_Things-to-Know-If-Pregnant-Infographic.pdf

This tip sheet provides information to help women stay healthy during pregnancy.

Related MyPeers Communities: Health, Safety, and Wellness; PFCE Deepening Practice; Home Visitors

Safety Conversations with Families: A Guide

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/guide-to-safety-conversations.pdf>

Strategies to support ongoing home safety conversations with families using home safety checklists.

Related MyPeers Community: Health, Safety, and Wellness

Social Media Messages to Encourage Parents

<https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/supporting-families-uncertain-times-social-media-messages>

Share these OHS-produced social media messages on your program's platforms to let families know that you care about their well-being during challenging times.

Telehealth for Home Visiting Services

<https://www.childtrends.org/during-the-covid-19-pandemic-telehealth-can-help-connect-home-visiting-services-to-families>

Issues to consider when designing virtual home visits.

Related MyPeers Community: Home Visiting; Teacher Time; Mental Health Consultants

Tips for Families: Coronavirus

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

This page has information for families, including age-appropriate responses to children's common questions, a guide to self-care, and activities for young children experiencing social distancing.

Related MyPeers Communities: Home Visiting; PFCE Deepening Practice; Teacher Time



FOR PARENTS/CAREGIVERS AND CHILDREN

Home Activities and Tips

Challenging Behavior, Stress and Coping

<https://challengingbehavior.cbcs.usf.edu/emergency/index.html>

Parents can use these resources to cope with the challenges that might occur during stressful emergency or disaster situations.

Related MyPeers Communities: Health, Safety and Wellness; Home Visiting; Mental Health Consultants; PFCE Deepening Practice; Teacher Time

Coping During Emergencies

<https://challengingbehavior.cbcs.usf.edu/emergency/index.html>

Parents can use these resources to help children understand why everyone is staying home and support children's positive behaviors. See also the "Stay Calm" infographic in English (https://challengingbehavior.cbcs.usf.edu/docs/Stay-Calm_Infographic.pdf) and Spanish (https://challengingbehavior.cbcs.usf.edu/docs/Stay-Calm_Infographic_SP.pdf)

Related MyPeers Communities: Health, Safety, and Wellness; Mental Health Consultation

Practice Guides for Families

<https://ectacenter.org/decrp/type-pgfamily.asp>

This guide is full of everyday learning activities and videos that encourage families to talk, play and sing together. It is mobile device ready and available in Spanish.

Related MyPeers Communities: Inclusion; Home Visitors

Simple Activities for Families and Caregivers

<https://cultivatelearning.uw.edu/resource-spotlight/>

Easy tips and ideas for parents to lead learning and positive interactions at home.

See more ideas in the "Staycation Tool Kit" in English (<https://talkingisteaching.org/assets/illustrations/staycation-toolkit-v3.pdf>) and in Spanish (<https://www.lasprovincias.es/sociedad/juegos-ninos-casa-coronavirus-20200313160107-nt.html?ref=https:%2F%2Fwww.google.com%2F>)

Related MyPeers Communities: Teacher Time; Home Visiting; PFCE Deepening Practice

Screen Time: Make it Quality Time

<https://www.zerotothree.org/resources/2545-screen-time-can-be-quality-time-here-s-how>

Worried about families spending too much screen time with their children. Use this tip sheet to help them make it quality time with their young children.

Related MyPeers Communities: Teacher Time; Home Visitors

Sesame Street Videos: Caring for Each Other

<https://www.sesamestreet.org/videos?vid=26478>

Teachers and home visitors can suggest parents watch these videos with their young children. The videos reinforce hand washing, routines, and caring for others while socially distancing.

Related MyPeers Communities: Teacher Time; Home Visitors

Talking to Kids About the Coronavirus

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

Help parents talk to their children about the coronavirus.

Related MyPeers Communities: Health, Safety, and Wellness and Mental Health Consultation

Health and Safety Handouts

CDC Multilingual Health Resources

<https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

The U.S. Centers for Disease Control and Prevention (CDC) has COVID-19 handouts in multiple languages.

Related MyPeers Community: Culturally and Linguistically Responsive Practices

Cleaning and Disinfecting Your Home

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

This resource can help families and staff stay healthy and take extra steps when someone is sick.

Related MyPeers Community: Health, Safety, and Wellness

Fire Safety Tip Sheets

<https://www.nfpa.org/Public-Education/Teaching-tools/Safety-tip-sheets>

Staff can use these tip sheets on fire and life safety topics to help families prevent injuries. They are in English, Spanish, French, German, Haitian Creole, Hmong and Somali.

Related MyPeers Community: Health, Safety, and Wellness

Growing Healthy Flipchart

<https://eclkc.ohs.acf.hhs.gov/nutrition/article/healthy-active-living>

Staff can share this information with families about healthy food choices.

Related MyPeers Communities: Health, Safety, and Wellness, Building Community Nutrition Partnerships, and Healthy Active Living

Handwashing: Clean Hands Saves Lives

<https://www.cdc.gov/handwashing/index.html>

Regular handwashing is one of the best ways to remove germs and prevent them from spreading to other people.

Related MyPeers Community: Health, Safety, and Wellness

Health Tips for Families Series

<https://eclkc.ohs.acf.hhs.gov/physical-health/article/health-tips-families-series>

These tip sheets give families important information about staying healthy at home. Available in English, Spanish, Amharic, Arabic, Armenian, Burmese, Chinese, Hmong, Marshallese, Polish, Somali, Vietnamese, Yiddish.

Related MyPeers Community: Health, Safety, and Wellness

Poison Control

<https://triage.webpoisoncontrol.org/#/exclusions>

Poison Control tells you what to do if someone swallows, gets splashed, or stung by something that may be harmful.

Related MyPeers Community: Health, Safety, and Wellness

What is a Dental Emergency?

https://www.ada.org/-/media//CPS/Files/COVID/ADA_DentalEmerg_Patient_Flyer.pdf?utm_source=adaorg&utm_medium=covid-resources-lp&utm_content=cv-pm-emerg-def-patients&utm_campaign=covid-19

Staff can share this handout with pregnant women and families to help them determine when to get oral health care during this time.

Related MyPeers Community: Health, Safety, and Wellness



PROFESSIONAL DEVELOPMENT

During this time of social distancing, staff may have the flexibility to focus on individual professional development. Here are some ideas for organizing PD efforts.

- Review existing individual PD plans with supervisors, assess needs and explore online learning opportunities, such as those below.
- Discuss how to track individual PD activities, when certificates or credits are not offered. (MyPeers has potential features to track training. Details to come.)
- Consider immediate needs and long-term goals.
- Consider using staff workgroups for program-wide planning.

Individualized Professional Development (iPD) Portfolio

<https://eclkc.ohs.acf.hhs.gov/professional-development/article/individualized-professional-development-ipd-portfolio>

Head Start and child care staff can receive certificates of completion and free Continuing Education Units on more than 25 e-learning courses.

Related MyPeers Communities: Practice-Based Coaching; Coaching the Home Visitor; Teacher Time; Home Visiting; Education Leaders

Head Start Coaching Companion

<https://eclkc.ohs.acf.hhs.gov/professional-development/article/head-start-coaching-companion>

Improve virtual teaching practices by watching video examples, uploading your own videos, and getting feedback from your coach or supervisor.

Related MyPeers Communities: Practice-Based Coaching; Coaching the Home Visitor

“Head Start TALKs” TTA Podcast App

<https://eclkc.ohs.acf.hhs.gov/about-us/article/head-start-talks>

Head Start staff can access and learn valuable information on any platform.

Starting with Strengths in Challenging Times

<https://eclkc.ohs.acf.hhs.gov/family-engagement/learning-module/starting-strengths-challenging-times>

Work through this simulated game and strengthen your skills in five skills you can use to partner with families going through a challenging situation.

Related MyPeers Community: PFCE Deepening Practice

15-Minute In-Service Suites

<https://eclkc.ohs.acf.hhs.gov/professional-development/article/15-minute-service-suites>

Strengthen effective teaching practices as part of a short-term professional development goal. Coaches and supervisors can combine resources from the suites with virtual coaching activities.

Related MyPeers Community: Practice-Based Coaching