



&
Office of Early Childhood Development

Supporting Working Parents

Through the Pandemic and Beyond

Tools for families receiving TANF and the TANF Workforce

Supplemental Packet for Webinar
May 26, 2021

Introduction

This guide is a supplemental document to support the content presented during the Office of Family Assistance's PeerTA and Office of Early Childhood Development webinar for administrators and staff working within the Temporary Assistance for Needy Family (TANF) program, presented on May 26, 2021. This document is intended to provide links to resources that individuals and organizations can turn to assist in various aspects of parenting during the COVID-19 pandemic.

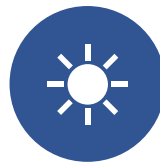
This resource is divided into three sections, according to the content presented during the webinar. It also includes a tool to help TANF administrators and staff reflect upon the content shared by the panel and think about how they might use the practice, process, or idea in their own work and lives.



Practicing
Self-Care



Adapting During
the Pandemic



Preparing for
Summer

Practicing Self-Care

Premier Health, a non-profit healthcare system in Ohio, provides [25 stay-at-home self-care ideas](#) to utilize during the COVID-19 pandemic. This list includes journaling, de-cluttering, unsubscribing from junk mail, and unfollowing social media accounts that do not bring you joy.

The **Child Mind Institute** encourages parents to prioritize their own well-being to benefit the whole family. The organization provides [ideas on how to make self-care a priority](#), as well as other resources for the whole family.

Nurses have carried their fair share of stress during the pandemic. The **American Psychiatric Nurses Association** shared some great tips for nurses on [how to manage stress and self-care](#) during the pandemic that can be useful to working parents as well. The organization also shared warning signs of excessive stress that may require additional care.

[Infant and Early Childhood Mental Health Consultation](#) (IECMHC) is a prevention-based service that pairs a mental health consultant with families and adults who work with infants and young children in the different settings where they learn and grow, such as childcare, preschool, and their home. The aim is to build adults' capacity to strengthen and support the healthy social and emotional development of children—early and before intervention is needed.

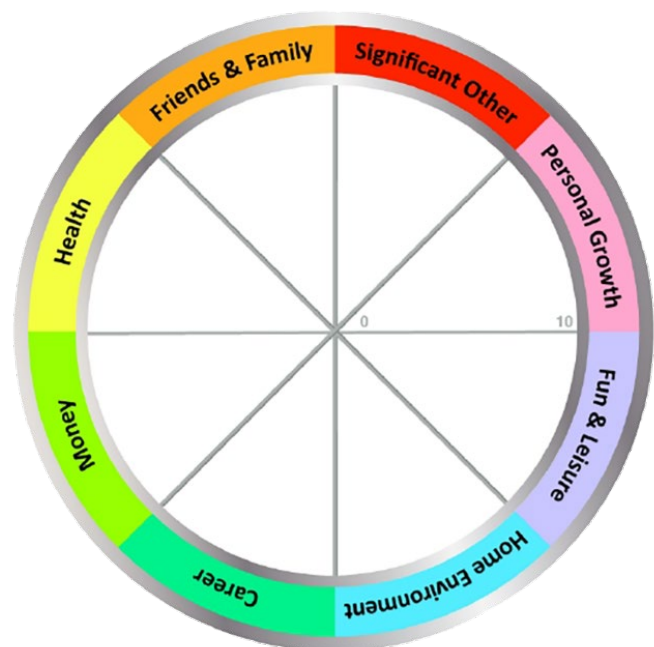
Is your organization considering returning to the office? Consider sending a survey to employees to determine their comfort-level and concerns with returning to the office. **SnapSurveys** has compiled a [bank of questions](#) for you to adapt for your own use.

The Wheel of Life

Take time to assess how you are feeling. Using the “Wheel of Life” to the right, rank yourself from zero to 10 in each of the eight life areas. For example, if you are completely satisfied with your personal growth at this very moment, rank it a 10. If you are very dissatisfied with the fun and leisure in your life, rank it a three.

Ask yourself:

1. What areas did you rank lower than other areas?
2. Which areas would you like to improve your satisfaction in?
3. How will you go about improving that area?
4. How will you hold yourself accountable to making changes that lead to more satisfaction and happiness?



Adapting During the Pandemic

National Federation of Families [collection of resources](#) includes videos, toolkits, activities to use at home, and more to support parents and caregivers and their children during the COVID-19 pandemic.

Positive Parenting News is a project of Child Trends. The project provides [actionable child development research](#) among parents and caregivers. There is an informational website and a newsletter signup.

GreatSchoolsParenting Resources bring together stories, videos, tips, interactive tools, and worksheets to [help parents as their child learns and grows](#).

Understood provides parenting and useful information so that those [who learn and think differently can thrive](#) at home, at school, and at work.

ADHD Parenting is a [comprehensive guide to parenting a child with ADD-tested strategies](#), and information about oppositional defiance, positive parenting, school and learning challenges, health and wellbeing, social skills, executive functions, treatment, and more.

Child Mind Institute's Facebook page offers [numerous useful parenting videos](#) that focus on issues that tend to arise during the pandemic. Videos are in Spanish and English.

Like a Sponge: The Science of Learning Podcast from GreatSchools.org is focused on the [science of learning and helping your child thrive](#).

The [2021/2022 Prevention Resource Guide](#), produced by the **U.S. Department of Health & Human Services**, recognizes that there are actions we can take as a society and within communities, organizations, and families to address the root causes of child abuse and neglect. The child abuse prevention guide seeks to highlight the innovative ways that communities around the country are doing purposeful prevention work to help children and families thrive. It also provides specific tip sheets for parents – especially some that focus on parents who have young children ages birth to five years old.

The **Center for Disease Control** (CDC) offers developmental milestone resources to ensure your child is on track. They also offer a free milestone tracker mobile app, [Milestones Matter!](#) Track your child's milestones from age two months to five years with CDC's easy-to-use illustrated checklists; get tips from CDC for encouraging your child's development; and find out what to do if you are ever concerned about how your child is developing.

The **U.S. Department of Health & Human Services'** [Early Childhood Training and Technical Assistance System](#) provides a resource guide for developing integrated strategies to support the social and emotional wellness of children. The page includes recorded webinars and other links to help caregivers.

The **U.S. Department of Health & Human Services'** [Head Start Early Childhood Learning and Knowledge Center](#) has shared mental health resources to support response and recovery during COVID-19. It includes tools to aid in short- and long-term recovery, as well as practicing self-care during recovery.

Preparing for Summer

Pre-K Through Elementary School

[PBS Kids](#) provides games, activities and tips for emotions and self-awareness, social skills, character, literacy, math, science, and arts for ages two through eight.

[Education.com](#) offers numerous worksheets for students. Print what might help you get through a conference call for pre-kindergarten and elementary school kids—dot-to-dots, handwriting practice, math equations, geography quizzes, color-by-numbers, and more. The site also offers online games and guided lesson plans.

[Mystery Science](#) is offering a starter list of K-5 science classes for free, without requiring users to sign up or log in.

[Birth to 5: Watch Me Thrive!](#) is a coordinated federal effort to encourage healthy child development, universal developmental and behavioral screening for children, and support for the families and providers who care for them.

Pre-K Through Teens

[Scholastic Learn-at-Home](#) has put together four weeks of resources for grades pre-K through nine, with a theme for each day. For instance, a first-grader might read a story about a spider, watch a video, and then draw their own spider. Older grades also get writing prompts.

[NatGeo@Home](#) groups together quizzes, videos, science experiments, and at-home classroom resources for kids to complete during the week. There are also activities for kids and their parents to do together on the weekends.

[WideOpenSchool](#), hosted by Common Sense Media, gathers resources from Scholastic, Noggin, Google, YouTube, PBS, National Geographic, and more to provide learning in many areas—science, social studies, math, life skills, arts, and writing—in an organized fashion for kids in grades pre-K through 12.

Elementary Through Teens

[NoRedInk](#) has hundreds of free writing and grammar exercises for grades five through 12.

[James Dyson Foundation](#) engineers came up with 44 engineering and science challenges for all ages using household objects. (Some younger children may require parental assistance.)

[Seterra](#) offers more than 300 online map quizzes in 36 languages for students, including free printables to allow for handwritten quizzes. The website (free) and app (\$1.99 for iOS and Android) also have anatomy quizzes.

[NASA](#) is offering chances for kids in grades one through 12 to chat with scientists, watch videos, find directions for STEM projects, solve puzzles, play games, read books, color sheets, and watch lectures.

[EventBright](#) has compiled a number of online classes and activities to help keep kids busy.

Tweens and Teens

[The Smithsonian’s National Museum of the American Indian](#) offers 11 digital lessons, two in Spanish, about Native Americans in North and South America.

[The Smithsonian’s National Museum of American History](#) is offering American history videos, including animated and live action, on YouTube.

[The American Museum of Natural History](#) in New York is sharing a range of online content, including its [OLOGY science website](#), with activities and games to help kids learn about the natural world; [curriculum collections](#) for teachers, parents and students (topics include dinosaurs and river ecology); and opportunities to visit virtually through the [museum’s YouTube channel](#).

[MrBettsClass](#) is a humorous history video series for older kids.

[TedEd@Home](#) allows students to search for lectures — recorded or animated — on subjects of interest or sign up for a daily email of lesson plans that span all subjects and age groups.

Instead of presenting U.S. history as a collection of facts and dates, Annenberg Learner’s “[A Biography of America](#)” series presents it as a living narrative, with 26 videos. At the end of each lesson, find questions to prompt deeper learning.

On [the National Constitution Center’s](#) site, teens can participate in Zoom civic dialogue sessions on constitutional matters with scholars. Sign up for public sessions to hear a lecture and participate.

[PBS LearningMedia](#) has made many of Ken Burns’s award-winning films available on its website through June 30 to aid teachers, parents, and students in distance learning. [Ken Burns in the Classroom](#) will include access to “The Roosevelts,” “The Civil War,” “The Dust Bowl,” and more.

The [Gilder Lehrman Institute of American History](#) offers a virtual history school for elementary, middle, and high school students using original source documents to bring history alive. The program also offers courses featuring the cast of Broadway’s Hamilton.

Mental Wellness

[Moovlee](#) offers yoga and meditation exercises for kids that are led by a cartoon monkey.

The [Child Mind Institute](#) is hosting daily live streams at 10 a.m. and 4:30 p.m. ET with therapists on its Facebook page.

[GoZenOnline](#) offers anxiety relief songs, relaxation exercises, and tips for parents on its YouTube channel.

[Cosmic Kids](#) has fun mindfulness exercises for kids on its YouTube channel.

Physical Activity

[GoNoodle](#) offers videos to get kids moving, including dancing, stretching, running, jumping, and more. The channel has an app that is recommended for kids five and up.

Cosmic Kids Yoga offers [free yoga on YouTube](#) for young children ages three and up. There are countless classes, from three minutes to three hours, featuring brilliant colors, storytelling, singing, and yoga with a yogini Jaime Amor.

Adriene Mishler, an Austin-based yoga teacher with seven million YouTube subscribers, is offering free online yoga classes ranging from 10 minutes to an hour. The classes focus on power flow, basic yoga, meditation, and more. Open to all fitness levels and ages, but more appropriate for teens than younger kids.

“Top 25 At-Home Exercises” by the American Council on Exercise offers kids of all ages—young ones with the help of an older sibling or parent—a chance to mix and match body-weight drills such as push-ups and sit-ups to create their own workout, which could mean 10 challenging minutes or 40 moderate ones. Each exercise is explained and shown, but once you know them, this potentially is a screen-free option.

Self-Reflection and Commitments

What resonated with you the most during the event?

What are some ideas or tools you heard during the event that you might want to use or implement, at work and/or at home?

How are you going to hold yourself accountable to implementing those ideas?

What do you want to learn more about following this event? How will you seek out that knowledge?
