

FAMILY RESOURCES & LEARNING ACTIVITIES

Bright by Text allows you to enroll for quality information and trusted research-based resources to parents of children prenatal to five years old. The text comes to your phone in English or Spanish and is comprised of tips, learning materials, and videos to support healthy child development and build strong resilient families. Enroll for free at: <https://www.brightbytext.org/>

On Wednesday, April 1st at 1 p.m., Maryland Families Engage presents: "Different Perspectives" on Facebook @MDEngageEarly. Parents and families are extremely busy with raising their children, work and the other demands of daily life. Watch how this provider's flexibility helped reassure a stressed parent, while offering support. <https://marylandfamiliesengage.org/wednesday-watch-parties/>

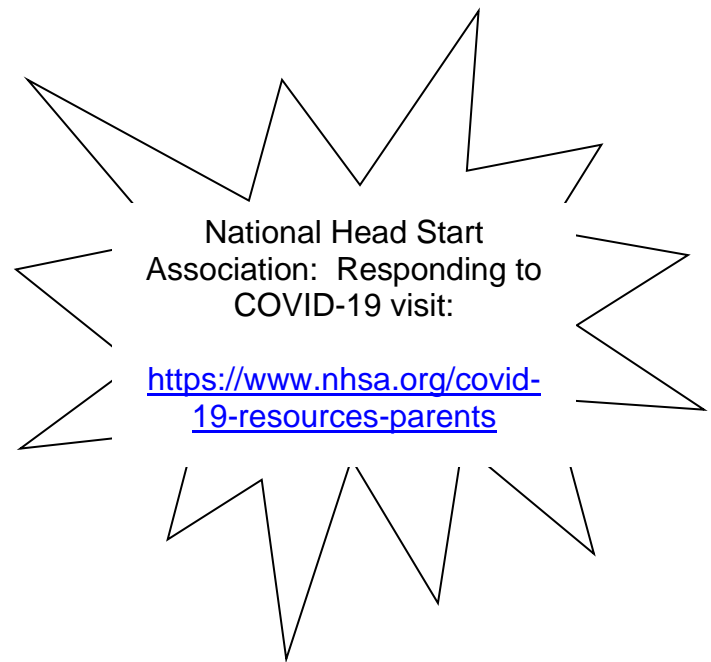
MANAGING CORONA VIRUS (COVID-19) ANXIETY

- For You**
- Avoid excessive exposure to media coverage
 - Connect through calls/text/internet
 - Add extra time for daily stress relief
 - Practice self-care
 - Focus on your mental health

BlessingManifesting

- For Kids**
- Reassure them that they're safe
 - Let them talk about their worries
 - Share your own coping skills
 - Limit their news exposure
 - Create a routine & structure

- For Quarantine/Isolation**
- Keep in contact with your loved ones via social media, texts, and phone calls
 - Create a daily self-care routine
 - Keep yourself busy: games, books, movies
 - Focus on new relaxation techniques



DID YOU KNOW?

Sheltered at home can create behavior changes

POSITIVE PARENTING CONNECTION

YOU MIGHT NOTICE CHANGES IN SLEEPING AND EATING HABITS

YOUR CHILD MIGHT BE CLINGY AND SEEKING CONNECTION WITH YOU.

IMPULSE CONTROL ISN'T EASY WHEN THE BRAIN IS FULL OF WORRY.

BE KIND BE PATIENT TAKE A BREAK YOUR CHILD NEEDS LOVE AND SUPPORT, NOT PERFECT SCHEDULES OR PERFECT PARENTING.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.































Don't use smoking, alcohol or other drugs to deal with your emotions.

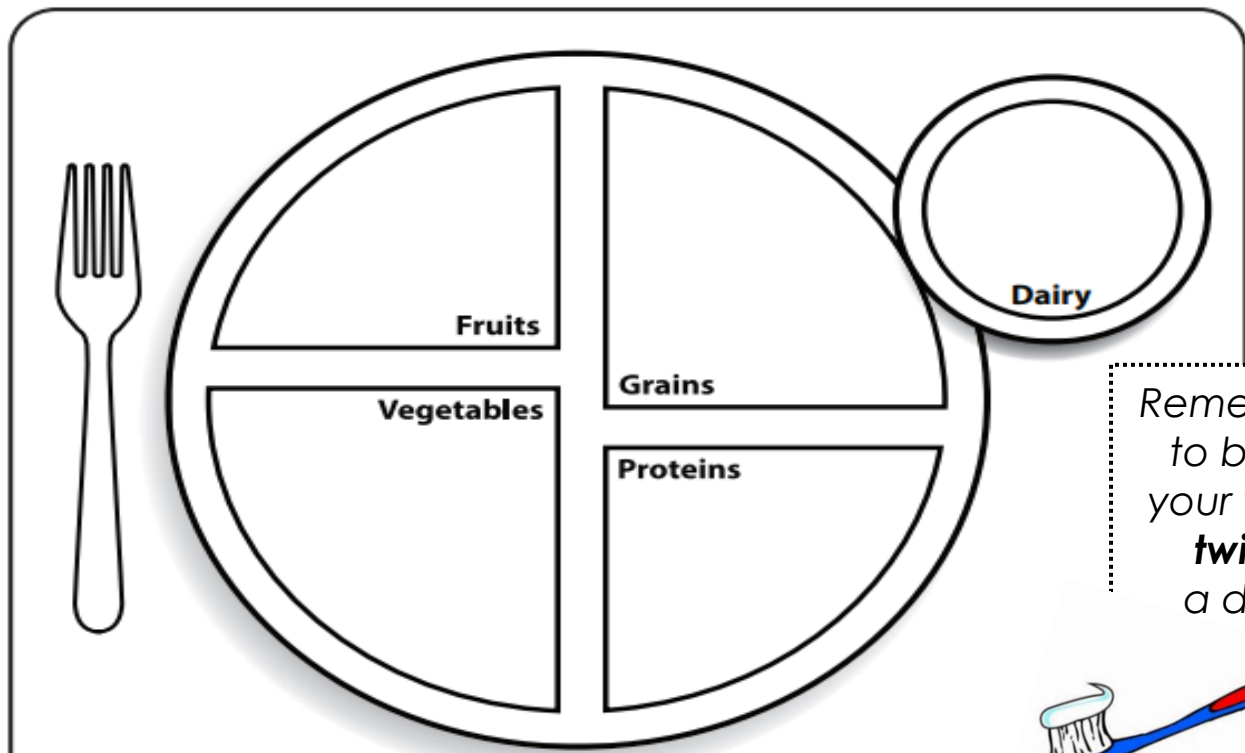
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

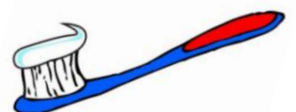


A healthy meal has a good mix of different foods including fruits, vegetables, grains, proteins, and dairy like the ones in the chart below.

Fruits	Vegetables	Grains	Proteins	Dairy
 Apple	 Onion	 Rice	 Fish	 Milk
 Orange	 Carrot	 Bread	 Meat	 Yogurt
 Pear	 Cauliflower	 Pasta	 Chicken	 Cheese
 Grapes	 Lettuce	 Oats	 Eggs	
 Bananas	 Spinach	 Cereal	 Beans	
 Peach	 Peas		 Nuts	
 Berries	 Broccoli			



Remember to brush your teeth **twice** a day!



Early Head Start (ages 0-36 months)

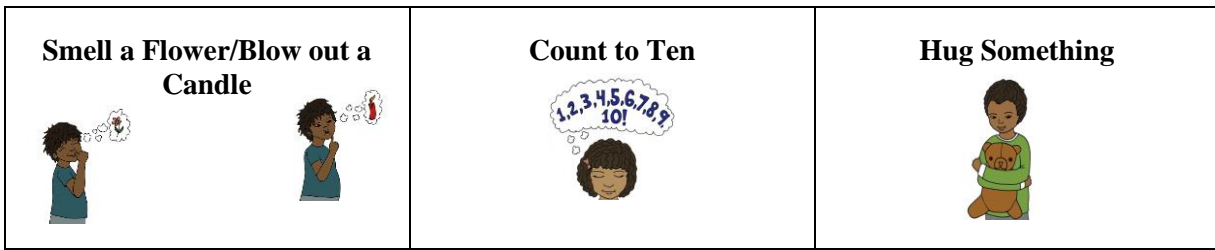
Ideas and developmental milestones for young infants and toddlers can be found at:

- <https://pathways.org/baby-milestones-calendar> (0-6 & 6-12 months)
- <https://pathways.org/growth-development/13-18-months/games/> (13-18 months)
- <https://pathways.org/growth-development/19-24-months/games/> (19-24 months)

Social and Emotional Development & Physical:

*Be active for at least 60 minutes a day (it doesn't have to be all at once)

- Play hide-and-seek or peek-a-boo
- Blow bubbles and have your child try to blow them and pop them
- Frustrated with staying inside? Find your calm. Try the following



Language and Literacy --- READ EVERYDAY!!

- When reading ask questions Ex.
 - Before reading question: Show the cover and read the title. Ask, "What do you think this book is about?"
 - While reading question: How do you think _(character)_ feels?
Your child might talk about the face of the character.
 - After reading question: What was your favorite part of the story?
- Gather safe objects. Put out 2-3 items at a time and ask your child to hand one. (Ex. Cup, spoon, sock – Hand me the spoon.)
- Play I Spy – give hints as needed such as it's a rectangle, it's something you eat, etc. Extension if your child is ready: Play I Spy looking for a specific letter or number.

Mathematics

- Build a tower of shoes! Challenge kids to see how high they can build a "shoe tower" before it falls. Measure or count the shoes in the tower with your child

We hope you'll enjoy these activities with your child.
Be sure you're supervising the entire time.

(...cont Early Head Start)

- Sort materials by color (laundry, crayons/markers, sidewalk chalk, plastic cups, shoes, etc.). Ex. Let's put all the red clothes here, put the blue clothes here, put the black clothes here, etc.

Science

- Find a cardboard box and turn it into anything (Ex. Fire truck, boat, house, ice cream truck, fortress, etc.)
- Find things with different textures and talk about it with your child (Ex. The tissue feels soft. The rock feels smooth and is hard.

The Arts

- Draw
- Fingerpaint on paper. Alternative: paint in Ziploc bag, seal up, tape for extra security, and have child use their fingers to paint on the outside of the bag.
- Have a dance party

FIVE LITTLE LADYBUGS

Five little lady bugs sitting in a tree.
The *first* one said, "I 'm glad I'm me."
The *second* one said, "I feel great too,"
The *third* one said, "How about you?"
The *fourth* one said, "It's time to fly away,"
The *fifth* one said, "We'll talk another day."



FIVE LITTLE SEASHELLS

Five little seashells, lying on the shore.
Swish went the waves. Then there were...four.

Four little seashells, pretty as can be.
Swish went the waves. Then there were...three.

Three little seashells, all pearly new.
Swish went the waves. Then there were...two.

Two little seashells, lying in the sun.
Swish went the waves. Then there was...one.




One little seashell, lying all alone.
I picked it up. I took it home.



Head Start (ages 3-5 years old)

Social and Emotional Development

- Play board games
- Frustrated with staying inside? Find your calm. Try the following

<p>Smell a Flower/Blow out a Candle</p> 	<p>Count to Ten</p> 	<p>Wall or Chair Pushups</p> 
<p>Slow Deep Breaths</p> 	<p>Hug Something</p> 	<p>Do a Drawing</p> 

Physical

*Be active for at least 60 minutes a day (it doesn't have to be all at once)

- Make your own exercise routine
- Play the classic balloon game, trying to keep the balloon in the air as long as possible.

Language and Literacy --- **READ EVERYDAY!!** Read with fun voices, a different one for each character.

- When reading ask questions Ex.
 - Before reading question: Show the cover and read the title. Ask, "What do you think this book is about?" "What makes you think that?"
 - While reading question: How do you think _(character)_ feels? Your child might talk about the face of the character (sad, upset, happy, proud, etc.) Have you ever felt _(emotion)_ like _(character)_? Ex. Have you ever felt frustrated like David?
 - After reading question: What was your favorite part of the story? What was the problem in the story? How was it solved?
- Tell jokes

We hope you'll enjoy these activities with your child.
Be sure you're supervising the entire time.

(...cont Head Start)

- Play I Spy – give hints as needed such as it's a rectangle, it's something you eat, etc. Extension: Play I Spy looking for a specific letter or number. If your child is ready, play I Spy with 3D objects (sphere, cylinder, cube, cone, pyramid).
- Start a journal. Writing ideas:
 1. My favorite thing about today was ...
 2. When it's hot outside I like to ...
 3. I feel happy when ...
 4. How to make a ___ (ex. sand castle, block tower, airplane, etc.)
 5. The day I found a magic ring

Mathematics

- Organize your family's shoes from smallest to largest
- Build a tower of shoes! Challenge kids to see how high they can build a "shoe tower" before it falls. Measure or count the shoes in the tower.
- Sort materials by color (laundry, crayons/markers, sidewalk chalk, plastic cups, shoes, etc.)

Science

- Find a cardboard box and turn it into anything (Ex. Fire truck, boat, house, ice cream truck, fortress, etc.)
- Find things with different textures and talk about it with your child (Ex. The tissue feels soft. The rock feels smooth and is hard.

The Arts

- Draw
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- Have a dance party

FIVE LITTLE LADYBUGS

Five little Ladybugs climbing up a door;

One Flew away then there were four.

Four Little ladybugs sitting on a tree;

One flew away then there were three.

Three little ladybugs landed on a shoe;

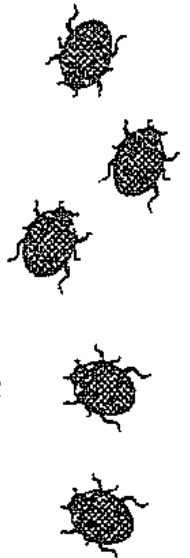
One flew away and then there were two.

Two little ladybugs looking for some fun;

One flew away and then there was one.

One little ladybug sitting in the sun;

She flew away and then there were none.



Websites you can explore with your child

Early Head Start (24-36 months)

- <https://www.pbs.org/parents/learn-grow/age-2/science>

Suitable ages 2-5 years old

- <https://healthyathome.readyrosie.com/en/> (English) -or-
<https://healthyathome.readyrosie.com/es/> (Spanish)
- <https://www.pbs.org/parents/thrive/8-indoor-activities-to-release-kids-energy#.XnyzjaJWtE.email>
- <https://kids.sandiegozoo.org> – check out the zoo animals, their stories, and watch live cameras
- <https://www.youtube.com/user/alexgmay/videos> – Dr. Jean
- YouTube books such as
 1. https://youtu.be/fj_z6zGQVyM – Pete the Cat: I Love My White Shoes
 2. <https://youtu.be/DPTb10tLEqk> – Baby Bear, Baby Bear, What Do You See?
 3. <https://youtu.be/YdiGEjz5b0Q> – The Very Quiet Cricket
 4. <https://youtu.be/vkYmvxP0AJI> – The Very Hungry Caterpillar

Head Start (ages 3-5 years old)

- <https://whut.pbslearningmedia.org/subjects/preschool/>
- <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

Screen Time Recommendations

American Academy of Pediatrics (AAP) recommends, "no more than 2 hours each day for preschool children ages 2 to 5 and screen time should be avoided altogether for infants and toddlers under age 2 years other than video chatting. Co-viewing is best when possible and for young children they learn best when they are re-taught in the real world what they just learned through a screen."

The Center for Disease Control and Prevention (CDC) recommends reducing children's screen time as one of the most important strategies for preventing childhood obesity.

We hope you'll enjoy these activities with your child.
Be sure you're supervising the entire time.

March/April Parent Engagement Activities

National Reading Month, select a book of your choice at home and/or online and re-create the characters in the story with your household members. Utilize clothing that you have at home to dress as the character in the story. Have fun and use items at home to make it fun and creative.

Clean Up, Clean Up- Go through household items and clothes that you have not used or worn in quite some time. Make piles of items/clothes by color, size and style. This will be a fantastic sorting assignment kids will have fun engaging with their parents. This assignment will be a great learning experience sorting by color, size (big or small) and style (shirts, pants, socks etc.) Plus a great way to get rid of things you are no longer using (Donate to your local Good Will)

Vision Boards- Find those old magazines that are laying around your house. Think about how you envision your future. Clip pictures from the magazine that aligns with your future plan. Include pictures of ideas you envision for the entire family. Paste your pictures on cardboard box (use an empty cereal box). Great project for the entire family to enjoy!

STEM – Create a maze! Allow everyone in the household to master your maze.

Items Needed:

Old shoe box

Straws (cut them 1 inch or smaller)

Glue stick

Marble (do not leave child unattended with this item)

Food Creation- Create a colorful meal and/or snack plate utilizing food items that you have at home. Try making the plate colorful: Green (beans), Yellow (squash, banana), Red (apples), Purple (prunes, grapes, egg plant). Let the kids design their own colorful plate and write a story about their food creation

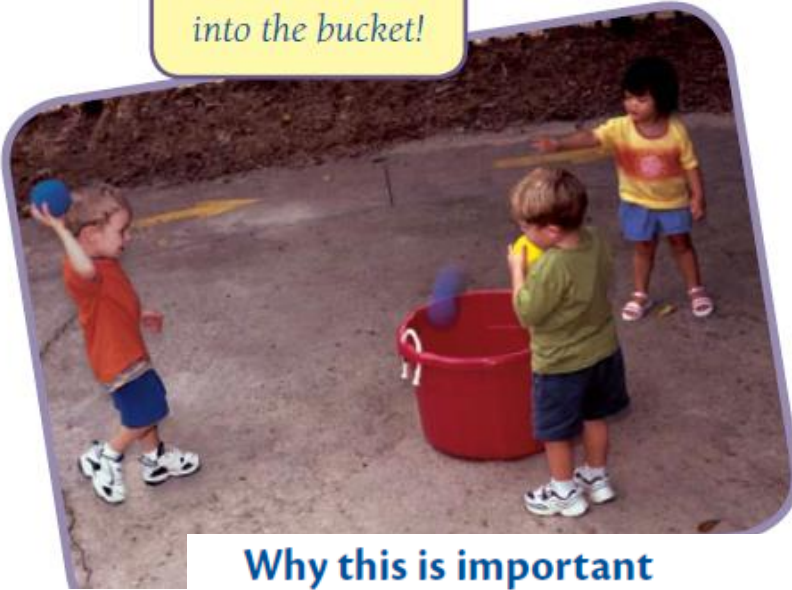
Gardening Fun: March is the ideal time to [plant vegetable and flower seeds](#) in indoor pots. Introduce your family to seeds with the book *The Tiny Seed* by Eric Carle. Vegetables such as cauliflower, tomatoes, and broccoli can be planted in small, biodegradable pots indoors. When the weather warms up, help the children transfer the pots outdoors.

Family Seed Collage: Introduce spring to the children by using seed packets. Compare the different types of seeds using small magnifying glasses. Then create a large family seed collage or craft smaller individual ones. Here are some examples:



Ball in the Bucket

Wow! You
threw the ball
into the bucket!



With your child, practice throwing a ball into a bucket. Increase the throwing distance as his skills improve.

Gradually, your child will gain more control in throwing.

Why this is important

By this age, children are well aware that throwing is usually done with a purpose, as in basketball or other sports. Throwing a ball at a large target helps your child learn to control and direct his own body movements. He must control his body in order to perform this or other specific actions.

What you do

- Provide a container such as a box, basket, tub, or bucket, a ball for your child, and a ball for yourself.
- Invite your child to stand with you a few feet away from the bucket.
- Throw your ball into the bucket as your child does the same. *Watch me throw the ball. Can you do it, too?*
- Move the bucket closer to him if he misses, and encourage him to try again.
- Describe his accuracy when appropriate: *You're getting it right where you want it!*
- Change the game by adding water to the bucket.

You can substitute socks or make a piece of paper into a ball if you don't have a ball

Ready to move on?

You can increase the difficulty by moving the bucket farther away or finding a container with a smaller opening.