

ACT EARLY IDAHO COVID-19 RESILIENCY TOOLKIT

The Best of the Best Websites to Help You and Your
Loved Ones Through the Pandemic and Beyond



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INTRODUCTION

The Act Early Idaho resiliency toolkit is a collection of resources to support Idaho families that have young children, birth to five years of age, as they navigate increased stress and multiple challenges due to the covid-19 pandemic. The resources are organized into sections that promote one of five key protective factors intended to increase family strengths, support children’s development, and reduce the likelihood of abuse, neglect, and trauma. The five protective factors include:

1. Parental resilience
2. Social connections
3. Knowledge of parenting and child development
4. Concrete support in times of need
5. Social and emotional competence of children.

The Act Early Idaho, a project of the University of Idaho’s Center on Disabilities and Human Development, is funded by the association of University Centers on Disabilities (AUCD) and the Center for Disease Control and Prevention (CDC) to monitor, assess, and respond to the COVID-19 pandemic.

Special thanks to Megan Follett, student intern at the University of Idaho’s Center on Disabilities and Human Development for her work on this toolkit.



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SECTION 1: PARENTAL RESILIENCE

Parents' ability to adapt and recover from negative situations and experiences

COVID-19 0-3 Sheet

Brief description: This two-page handout from www.ZeroToThrive.org and the University of Michigan Medicine contains 10 concrete, powerful ways to help parents cope with the COVID-19 crisis.

Link: <https://zerotothrive.org/covid-19-parents/>

Self-Reflecting in Parenting

Brief description: This paper from the Children's Hospital in Boston and Head Start briefly discusses how to pause to take time and think about your life and plan for the future, also known as self-reflection. Self-reflection can be a very useful tool for parenting through tough times. Scroll down to "Short Papers for Parents" for this paper.

Link: <https://eclkc.ohs.acf.hhs.gov/mental-health/article/family-connections-mental-health-consultation-model>



Harvard 3 Ways to Build Resilience

Brief description: This resource explains the importance of building resilience in children in families in the context of COVID-19.

Link: <https://developingchild.harvard.edu/resources/how-to-help-families-and-staff-build-resilience-during-the-covid-19-outbreak/>

Child Mind Institute

Brief description: This webpage links to many articles that help families through difficult situations due to COVID-19. There are also links to their website to learn more about topics such as supporting teenagers and young adults and coping with anxiety. Scroll through the page to find articles tailored to your needs.

Link: <https://childmind.org/coping-during-covid-19-resources-for-parents/>

Harvard Resilience Overview

Brief description: The Center on the Developing Child at Harvard University offers this two-page article on the science behind resilience.

Link: <https://developingchild.harvard.edu/science/key-concepts/resilience/>

WICAP COVID-19 Family Resources

Brief description: The Western Idaho Community Action Partnership Family Resources includes links to multiple topics concerning recent events and the pandemic. Along with a disaster hotline and contact information for additional resources, this page is a great resource for quick tips.

Link: <https://www.wicap.org/new-page>



SECTION 2: SOCIAL CONNECTIONS

Positive relationships that provide emotional support

Harvard Article

Brief description: This article focuses on technology available to help families stay connected during periods of isolation.

Link: <https://www.health.harvard.edu/blog/apps-to-keep-us-connected-in-a-time-of-social-distancing-2020032519306>

Harvard Video #3 Dealing with Coronavirus

Brief description: Video #3 focuses on staying connected with others during COVID-19.

Link: <https://www.health.harvard.edu/diseases-and-conditions/coping-with-coronavirus>

UC Health Article

Brief description: This article highlights the importance of social connectedness and includes tips on how to stay connected during COVID-19.

Link: <https://www.uchealth.com/en/media-room/covid-19/social-connection>



SECTION 3: CONCRETE SUPPORT IN TIMES OF NEED

Having access to goods and services that address a family's needs

St. Luke's Toolkit

Brief description: This is a two-page list of COVID-19 family resources from the St. Luke's Health System. This includes housing, food, and financial resources. There are local resources, articles, books, videos, websites and apps. In particular, check out the Sesame Street website and the Smiling Mind mindfulness app. Use the link below and then scroll to "Helping Children and Families Admst COVID-19". Click on "Links to Resources" to access the toolkit as a Word Document.

Link: <https://www.stlukesonline.org/health-services/service-groups/covid-resources>



Idaho Strong

Brief description: This is a website created by the Idaho Office of Emergency Management. There is a call-in help line and multiple pages for housing, healthcare, testing, updates, food, childcare and finance.

Link: <https://ioem.idaho.gov/covidhelpnow/>

SECTION 4: KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

Accurate information about raising young children and appropriate expectations for their behavior

Effects of COVID and Early Development

Brief description: This is an academic article from the Journal of Pediatrics: Effects of the Global Coronavirus Disease-2019 Pandemic on Early Childhood Development: Short- and Long-Term Risks and Mitigating Program and Policy Actions.

Link: [https://www.jpeds.com/article/S0022-3476\(20\)30606-5/fulltext](https://www.jpeds.com/article/S0022-3476(20)30606-5/fulltext)

BPNN COVID-19 Resources

Brief description: This resource from the Children's Trust Alliance and Birth Parent National Network has links to more than 18 websites to help families stay strong during the COVID-19 crisis.

Link: <https://ctfalliance.org/partnering-with-parents/bpnn/>



Understanding ACEs

Brief description: From the ACES Connection, in partnership with the Community & Family Services Division at the Spokane, Washington Regional Health District, this is a two-page primer on Adverse Childhood Experiences (ACEs) and resilience, which reduces the effects of ACEs. To download the pdf, scroll to the “Parenting to prevent and heal ACEs” section.

Link: <https://www.acesconnection.com/>

Act Early Developmental Milestones App

Brief description: Track your child’s milestones from ages two-months to five-years with the CDC’s easy-to-use illustrated checklists. Get tips from the CDC on how to encourage your child’s development, and find out what to do if you are ever concerned about how your child is developing.

Link: <https://www.cdc.gov/ncbddd/actearly/milestones-app.html>

Act Early Milestones in Action

Brief description: This is a website from the CDC Act Early project. In this page, parents can see developmental milestones from ages two-months to five-years with pictures and videos of what they look like. This app is also available in Spanish.

Link: <https://www.cdc.gov/ncbddd/actearly/milestones/milestones-in-action.html>

Vanderbilt Resources for Families

Brief description: This website has resources and articles for parents and families. Pages include supporting children with challenging behavior, supporting child play and back to school resources.

Link: <https://lab.vanderbilt.edu/barton-lab/resources-for-caregivers/resources-for-families/>

SECTION 5: SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN

A child's ability to interact positively with others, communicate feelings and regulate behavior



Trauma Resource Tiny Survival Guide

Brief description: The “Tiny Survival Guide” is a colorful poster from the Trauma Resource Institute, offering 15 basic ways to fight “The Overwhelm.”

Link: <https://www.traumaresourceinstitute.com/>

HOPE Positive Experiences

Brief description: From the Tufts Medical Center, this is a “hopeful” article highlighting research that shows how positive childhood experiences buffer against the negative lifelong health effects caused by exposure to Adverse Childhood Experiences. To access the article, look under “Handouts” and click on “Ten Ways to Avoid ACEs”. This is also available in seven languages.

Link: <https://positiveexperience.org/>

CONCLUSION

Thank you for using the Act Early Idaho Resilience Toolkit. We hope you have found this to be a quick and easy way to find help in times of need. Please share our website and toolkit with others. This is meant to be a living document, so if you have additions or feedback, please contact us to let us know.

This would not have been possible without the help of our partners:

- Idaho Chapter American Academy of Pediatrics
- Idaho Head Start Association
- Idaho Infant Toddler Program
- Idaho State Department of Education
- Idaho Commission for Libraries
- Idaho WIC
- Idaho Maternal Infant and Early Childhood Home Visiting Program
- Idaho Association for the Education of Young Children.