

UTAH COVID GUIDE

Resiliency

Useful Resources to Support Staff and Families

USU Institute for
Disability Research,
Policy & Practice

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**Institute for
Disability**
Research, Policy, & Practice

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Resiliency Resources and Information

IN THIS SECTION:

- What is Resiliency?
- Staff Resiliency Resources
- Family Resources
- Free Materials

What is resiliency?

The Act Early Utah resiliency toolkit is a collection of resources to support staff and families as they navigate the increased stress and challenges around COVID and the “new normal.” **Resiliency is the process of adapting to challenges that cause stress.** When we seek out supports in self-awareness, self-care, positive relationships, and purpose we help ourselves become more resilient in everyday activities.

This toolkit contains resources that can help staff and families identify and improve self-care, improve early identification of developmental delays, resources for social determinants of health, affordable childcare, navigation of systems, and other resources.

A huge thanks to our state team for the development of this toolkit:

- UDOH: Baby Watch Early Intervention
- DHS: Division of Child & Family Services
- University of Utah Health: South Main Clinic
- United Way: Help Me Grow Utah
- UDOH: Office of Home Visiting
- UDOH: Early Childhood of Utah
- Head Start/Early Head Start

Staff Resources

INFORMATION AND RESOURCES TO GUIDE STAFF WORKING WITH FAMILIES AND REMINDERS TO TAKE CARE OF THEMSELVES

Video from Devereux Center for Resilient Children: *Things are difficult, that is for sure. In this Tuesday Tip, Nefertiti Poyner encourages us to not give up, and to lean on our strengths. We've got this!* [Don't Quit! Lean On Your Strengths](#)

Podcasts: *If you love podcasts, this is for you! It's a short series (3 episodes, 30min each) focused on **strengthening relationships between parents and providers.*** [Sharing the Journey: Voices of Parents and Practitioners](#) is an audio series created by the FRIENDS National Center Parent Advisory Council members and CBCAP State Lead Agency staff and partners, to share their perspectives and expertise on building parent/practitioner collaboration and the impact that these partnerships have on prevention services. The discussions represent authentic reflections and experiences impacting Community-Based Child Abuse Prevention efforts and are told in the words and voices of the parent leaders and practitioners.

1. [Reflections from parent leaders:](#) A conversation between two parent leaders from Missouri and Alabama who share how they utilized their lived experience and expertise to partner with practitioners and strengthen their families, communities and programs.
2. [Perspectives from practitioners:](#) A conversation between two practitioners from Missouri and Alabama who discuss how collaborating with parent leaders makes a difference in state and local child abuse and neglect prevention efforts.
3. [What we've learned about building partnerships:](#) A roundtable conversation between parents and practitioners from Missouri and Alabama who share the strategies, challenges, and benefits of taking on leadership roles and collaborating together to prevent child maltreatment and strengthen communities.

Websites:

- [Trauma-Informed Resources for Early Childhood Programs](#) PACEsConnection (formerly ACEs Connection) PACEs = Positive & Adverse Childhood Experiences.
- [Taking Action Against Microaggressions Micro Course Series](#) walks you through different perspectives of experiencing microaggressions, with the goal of increasing your self-awareness of how you contribute and respond to them.
- [Three ways to build resiliency during the pandemic](#)

- [Parenting during the pandemic](#)

Webinars:

- **[Evidence-based Home Visiting in the Era of COVID-19](#)**: *For families of young children ages birth through five, evidence shows that interventions such as home visiting can provide families needed support and lead to gains in parent-child relationships and child development. Consistent, correct use [of evidence-based practices](#) by home visitors can help improve children's outcomes even as the COVID-19 pandemic continues to affect nearly all aspects of everyday family life. Learn more information [here](#).*
- **[Engaging and Supporting Culturally Diverse Families with Young Children](#)** (PACER Center) *is designed for early childhood intervention and early childhood special education professionals who want to increase their effectiveness in working with young children with disabilities from diverse cultures. It is for everyone who has ever wondered:*
 - "How can I avoid offending a parent who is from a culture different from my own?"
 - "How can I help families be comfortable in expressing their opinions and proposing solutions?"
 - "How can I support their decisions, even when I do not agree?"
 - "How can I help the family determine family-directed outcomes based on their concerns, needs, and priorities?"
- **[Serving Diverse Families](#)**: *This webinar is designed for early childhood care and education providers and early intervention and early childhood special education professionals or anyone who wants to increase their effectiveness in working with families from diverse cultures, especially those who have a young child with developmental concerns or delays.*

The Decision Tree: Child Indicator Seeds for Success Infant & Toddler Connection of Virginia: The following resource, *Why Culture Matters: What Research Tells Us*



why_culture_matter
s_what_research_tel

C.A.R.E. Toolkit (Kansas Home Visiting): *The Cultural Awareness, Respect, and Engagement (C.A.R.E.) Toolkit was developed to assist home visitors to engage and serve diverse populations and improve practice in cross cultural settings. Follow this [LINK](#) for additional information.*



Mindfulness for Early
Childhood Profession:



Getting Started with
Mindfulness Toolkit.p

What are the Protective Factors Surveys?

The Protective Factors Survey (PFS) and the Protective Factors Survey, 2nd Edition (PFS-2) are designed for use with parents and caregivers participating in family support and child maltreatment prevention services. The PFS and PFS-2 assess multiple protective factors to prevent child abuse and neglect. Both surveys are intended to help agencies and programs better assess changes in family protective factors – a primary focus of prevention work. To view the tools, see the PFS or PFS-2 tabs below

[Protective Factors Survey](#)

Family Resources

Building Resilience: Resources to Help Families Grow from Challenging

Times: *Using the Strengthening Families approach to building resilience can benefit all families, including those of children with disabilities and special health care needs, by offering small, but meaningful changes that families can incorporate into their lives to enhance strengths. [This article](#) describes each protective factor in this approach, which includes parental resilience; social connections; knowledge of parenting and child development; concrete support in times of need; and social and emotional competence of children, along with related resources for building resilience through crisis and change.*

Raising Young Children in a New Country: Early Learning and Healthy Development Handbook (Early Childhood Learning and Knowledge Center):

This [HANDBOOK](#) provides families with information on six themes: family well-being, health and safety, healthy brain development, early learning and school readiness, guidance and discipline, and family engagement in early care and education. Programs serving refugee families, newly arrived immigrant families, and others may use this resource with parents to help ease their transition to a new country.

Sesame Street in Communities:

- *Feelings come in all shapes and sizes. When you help children express and understand their emotions, you're helping them to overcome challenges, understand others, and communicate. In simple everyday ways, you can give them important tools that will help them handle big feelings, little ones, and every feeling in between. Follow this link to find more information about [Exploring Emotions](#)*
- *Spending time together to celebrate holiday traditions can be a highlight for each member of the family. This year, getting together with family and friends may not be possible—at least not in the usual way. There are many ways to stay*

connected with loved ones near and far, and not just around the holidays! Use the ideas and activities in this bundle to help you. [Staying Connected](#)

- *Gratitude, or thankfulness, is not just to make other people feel good. It helps you feel good—happier and more empathetic—too! Gratitude isn't reserved for just big things, either. Feeling thankful for small things is just as powerful: a loving hug, a puppy's soft fur, or a hot cup of coffee. The important part is to stop and notice what you have to be grateful for. We've created a [bundle](#) that explores this topic and offers sweet, simple strategies to help you foster gratitude in your own life and in the lives of children and families you work with. "At the end of the day, people won't remember what you said or did, they will remember how you made them feel." - Maya Angelou*
- *Maintaining healthy habits, like eating nutritious meals and getting plenty of rest, helps boost kids' developing brains. And healthy brains help kids thrive. Play and movement go hand in hand. As you go through your day, show kids how they can do nice things for their brain, just like they would for a friend.*
- *There are four steps we can take to help strengthen our child's emotional awareness. Watch the following video to walk you through them. [Communicating Through Feelings](#)*

Additional Resources:

1. Interactive Infographic: [Healthy Brains, Healthy Kids](#)
2. Video: [The Most Important Meal](#)
3. Video: [Marvie's Bedtime Routine](#)
4. [The Monster-Fairy Family Challenge](#) *Laughing and joking around brings families together...and helps them express their affection, too. Try these 30-second challenges that encourage family bonding.*

Support Group: *We are Brave Together* is a nonprofit organization created to support and uplift moms of children with special needs This organization provides resources that include:

- Support group meetings (in Utah and as a worldwide organization)
- Virtual workshops (i.e., journal-writing and home organization)
- A Facebook group to support and uplift
- Annual retreats (scholarships available)

Please follow the link below to sign up to be a member of the *We Are Brave Together* community of moms. <https://www.wearebravetogether.com/connect.html>

Article from Zero to Three: [Racism and Violence: Using Your Power as a Parent to Support Children Aged Two to Five](#)

[Building Resilience:](#) Infants and toddlers have the power to cope with adversity. Learn how you can help them unlock their full potential.

[Helping Children Cope With Changes Resulting From COVID-19](#), the following tips can help:

- Stay calm, listen, and offer reassurance
- Monitor television viewing and social media
- Take time to talk
- Be honest and accurate
- Keep explanations age-appropriate
- Stay connected to school
- Know the symptoms of COVID-19
- Model basic hygiene and healthy lifestyle practices
- Be aware of your children's mental health

Maternal Mental Health: Mental health resources for moms and dads: This [LINK](#) is to the Maternal Mental Health Referral Network, and includes resources for moms, dads, and parents that can provide help for depression, anxiety, infertility, miscarriage, birth trauma, and more.

Article (The American Academy of Pediatrics): [Talking to Children About Tragedies & Other News Events](#) *After any disaster or crisis, families struggle with what they should say to children and what's best not to share with them.*



complex_trauma_facts
for_caregivers.pdf



How to Support
Children (and Yourself)



How to Support
Children (and Yourself)



How to Help Families
and Staff Build Resilience

Podcast:

The Mom Show: This is not your mother's podcast. Lindsay Aerts looks at the topics and issues that moms care about. Babies, health care, mental health, family and everything in between. [The Mom Show](#)

Resources

Feeding Clinic Resource: Attached is a list of all of the feeding clinics associated with Primary Children's Hospital.



PCH_UofU Feeding
Clinics .pdf

The Children's Center Resource: *Early childhood providers throughout the state can now request teleconsultation services or attend webinars on Infant/Early Childhood Mental Health topics at no cost. The [website](#) will be updated at least weekly with new offerings.*

Professional Development (Information attached): [Project ECHO: SCOPE \(Supporting Children of the Opioid Epidemic\)](#) *FREE monthly professional development for Early childhood workforce, early childcare providers, early intervention, Early Head Start and Head Start teams, developmental specialists, early childhood special educators, service coordinators, speech language pathologists, physical and occupational therapists.*

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[Early ECHO](#) is a knowledge-sharing, virtual learning community of practice for Part C early interventionists from Mountain West regional states (Utah, Idaho, Montana, Wyoming, and North Dakota). Early Childhood ECHO increases the capacity of early childhood professionals to identify and implement best practices in areas that include early literacy, transitions, behavior support and identification, and referral detection. Network participants include case managers/family service coordinators, general educators, home daycare providers, paraeducators, related service providers (OTs, PT,

SLPs, etc.), school administrators, school directors, school counselors, school psychologists, social workers, special educators, state agency staff and all others interested in improving outcomes for students in the early childhood setting

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[Official Vaccine Information for the State of Utah](#)

CDC Milestone App: *Milestones matter! Track your child's milestones from age 2 months to 5 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. Get more information [HERE](#)*



Federal Emergency Broadband Benefits (EBB) Program:

The Emergency Broadband Benefit Program will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for those on Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop, or tablet from participating providers if they contribute \$10-\$50 toward the purchase price. Households are eligible for the program if one member of the household:

- *Qualifies for the [Lifeline](#) program.*
- *Receives benefits under the free and reduced-price school lunch program or the school breakfast program, or did so in the 2019-2020 school year.*
- *Received a Federal Pell Grant during the current award year.*
- *Experienced a substantial loss of income since February 29, 2020 and the household had a total income in 2020 below \$99,000 for single filers and \$198,000 for joint filers.*
- *Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.*

Further information on the Emergency Broadband Benefit Program can be found [here](#).

Rental Assistance for Families: Visit rentrelief.utah.gov for more information. *Eligible households will have:*

1. *Combined household income at or below 80% of area median income*
2. *Someone in the household has qualified for unemployment, or has experienced a reduction in household income, incurred significant costs, or experienced financial hardship due to COVID-19*
3. *Household is experiencing housing instability (for example, received a past-due utility or rent notice or eviction notice, or living in unsafe or unhealthy living conditions) due to COVID-19*
4. *Applicant resides in the household and is on the lease*

Visit ChildTaxCredit.gov for all the information you need on the new Child Tax Credit, including Q&As and easy steps that families who have not recently filed taxes can take to receive payments

[Everyday Strong- A new approach to anxiety and depression](#)

[Center on the Developing Child: Resilience Resources](#)