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

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.
SECTION 1: PARENTAL RESILIENCE

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

COVID-19 0-3 Sheet
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 to 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.  

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 coping with anxiety. Scroll down 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/
SECTION 2: SOCIAL CONNECTIONS

Positive relationships that provide emotional support

Harvard Article
Brief description: This article focuses on technology available for families to use to 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 to help 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 then scroll to the bottom of the left side menu to "Helping Children and Families Amidst 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


Link: 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 eighteen 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 down to the section "Parenting to prevent and heal ACEs"

**Link:** [https://www.acesconnection.com/](https://www.acesconnection.com/)

Act Early Developmental Milestones App

**Brief description:** Track your child’s milestones from two-months to five-years with the CDC’s easy-to-use illustrated checklists. Get tips from the CDC for encouraging 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](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](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/](https://lab.vanderbilt.edu/barton-lab/resources-for-caregivers/resources-for-families/)
SECTION 5: SOCIAL & EMOTIONAL COMPE TENCE 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. Under "Handouts", 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 RESILIENCY 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, REFER TO OUR WEBPAGE TO CONTACT US.

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