



FAMILY CENTER NEWS

Vol. 4, Issue 2

Child Care Aware of Washington Family Center News for Families

These are not easy times to be a parent, and they are not easy times to be a child.

As we navigate the challenges we face due to racism, police brutality and the COVID-19 pandemic it is important to remember two things. First—you matter. You matter to your child(ren), to your family and to your community. Second, the love and kindness you share with your family, friends and neighbors matters too—perhaps now more than ever.

Don't fret about the chores not done or the schoolwork not finished. Connections with those you love, both those in your stay-at-home circle and the extended family and friends you may not be able to see in person for now, matter most. Give yourself the space and the grace to simply focus on the absolute necessities. By the end of the day if everyone is safe and feels heard and loved, you've done a great job.

If you or your family and friends need help making ends meet, affording groceries or housing, please reach out. Help is available. In Washington people can call 211 or search online here: <https://wa211.org/> for links to many different kinds of free services and support. Food banks across the state and nation have been stepping up their efforts to make sure no one goes hungry. You can find food resources on 211 or via Northwest Harvest here: <https://www.northwestharvest.org/statewide-network>. Also, students in our state have access to a growing list of sites distributing free food this summer. Families can search online here: <https://www.nokidhungry.org/find-free-meals>, or text "food" or "comida" to 877-877 for a text list of sites nearby.

If you need free resources for talking with your children about racism, we have a list of great choices here: <https://childcareawarewa.org/resources-for-talking-with-children-about-racism/>. If you need tips on how to talk to children about COVID-19, visit PBS at <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>.

If you are not working from home and you need child care, our Family Center is fully operational during this crisis and can help you find care nearby. You can search online here: <https://childcareawarewa.org/families/> or call 1-800-446-1114.

Lastly, please know that we at Child Care Aware of Washington stand with all families against racism and police brutality and with all who seek quality child care. Serving children, families and child care providers is our mission, and has been for more than 30 years.

News for Families

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Family Survey

You can help make sure that Washington's plans for early learning moving forward include family needs and voices. The Washington State Department of Children, Youth & Families and WSA Head Start and ECEAP are conducting a survey to learn about family experiences during the COVID-19 pandemic to help make plans for the future.

<https://bit.ly/wacovidparentsurvey>



Count All in the 2020 Census

Did you know that young children are among the most under-counted populations in the census? That's why Child Care Aware of Washington is working to help prevent another under-count of young children in 2020.

Our state received \$16.7 billion in 2016 based on data from the 2010 census, when an estimated 5% of young children were not counted. That means Washington did not get all of the funding it needs to make sure children and families have what they need to thrive, like child care subsidies, great schools, healthcare and nutritious food.

There are no citizenship questions on the census and information is confidential.

Census materials were mailed to homes in March. It's quick and easy to respond to the census online. Completing the census online means no census worker will come to your home. Make sure to count



Eradicating Racism is Long Overdue

We at Child Care Aware of Washington are outraged at the murder of George Floyd and denounce the actions of the Minneapolis police officers. We are angry that many peaceful protests against injustice have been marred by further police brutality and we condemn the continued use of violence on people of color.

Child Care Aware of Washington stands with families of color who face the long-lingering impacts of racism and police brutality, and each and every family who opposes white supremacy in all its forms. We remain committed to ensuring that all children and families, especially those who are furthest from opportunity because of systemized racism, have access to equitable, quality child care and early learning programs that shrink the opportunity gap and lead to families thriving economically.

Racism harms all children, mostly and inequitably, children of color. As an organization, we envision a world where children do not experience police brutality against black men as the norm. Institutional racism is unacceptable, has persisted for far too long and we must act. Child Care Aware of Washington pledges to examine our organization and our work and reflect on the ways we contribute to racism and the ways in which we must change. We commit to take action, share our plan with those we serve - families, child care providers, informal caregivers and our partners - and to be held accountable for our progress.

We thank each individual, organization and system who stands with us to say "No More," examines their biases and takes action against injustice. Children need our leadership, humility, compassion, honesty, courage and urgency now and always. Eradicating racism is long overdue.

Deeann Burtch Puffert

Child Care Aware of Washington
Chief Executive Officer



Free Virtual Play & Learn Groups for Caregivers & Children

Free online facilitated play and learn groups create opportunities for young children and their caregivers to explore fun and simple ways to support child development and school readiness at home.

Child Care Aware of Washington supports more than 100 facilitated play and learn groups for caregivers and children around Washington. With most in-person play groups paused due to the COVID-19

outbreak, online virtual play groups can help keep little ones laughing, playing and learning during these difficult days.

Our Family Center can help you find a virtual play and learn group near you. Contact us at 1-800-446-1114.



Early Achievers—Improving Child Care for Washington's Children & Families

Washington's Early Achievers program is helping child care providers across our state to improve the quality of their programs. What is Early Achievers? It is a free, voluntary program that helps providers improve their quality. Providers set their own goals and work one-on-one with Child Care Aware of Washington's Early Achievers coaches. There are more than 3,500 providers participating in Early Achievers and over 74,000 young children enrolled in Early Achievers programs.

Early Achievers also gives families a rating system to help them better understand a particular child care program's quality. Early Achievers programs are rated by the University of Washington and earn ratings from Level 2 to 5. A Level 3 or higher is considered to be a "Quality Level of Excellence." To see what high-quality child care looks like and how Early Achievers is making an impact, watch our short Early Achievers Impact videos online here: <https://childcareawarewa.org/providers/early-achievers-success-stories/>.

New Guide for Parenting During COVID Crisis

The Washington State Department of Children, Youth, and Families has released a new, free guide for parents on parenting during the COVID-19 pandemic. The guide features Strengthening Families' five protective factors and includes links to resources and tips on handling stress, child development information and more. You can find the guide online here: https://www.dcyf.wa.gov/sites/default/files/pubs/FS_0039.pdf

Help for Families Experiencing Homelessness

This is an especially hard time to experience homelessness. Child Care Aware of Washington's Family Center helps families with young children who are experiencing homelessness find child care at no cost to them for up to one year.

Children who experience homelessness frequently live in unpredictable, chaotic circumstances, with disruptions in their environments and relationships. These experiences can impair their emotional, cognitive and behavioral development. This is why it is critical that young children experiencing homelessness can attend safe, stable and nurturing child care. Research shows quality child care can even act as a buffer for young children against the harmful effects of toxic stress.

For more information, please visit us at <https://childcareawarewa.org/services-for-families-experiencing-homelessness/> or call 1-800-446-1114.



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Advocacy:	Phone:	Website
Children's Alliance	(800) 854-5437	www.childrensalliance.org
Find your WA State legislator		app.leg.wa.gov/
Child Development		
Seattle Children's Hospital— classes & wellness information	(866) 987-2000	www.seattlechildrens.org
Parenting Counts	(800) 637-3652	www.parentingcounts.org
The Center for Children with Special Needs	(866) 987-2500	www.cshcn.org
Zero to Three		www.zerotothree.org
PAVE Partnerships for Action, Voices for Empowerment	1-800-5-PARENT	https://wapave.org/
American Academy of Pediatrics		www.healthychildren.org
Community Resources		
Parent Trust for Washington	(800) 932-4673	www.parenttrust.org
Parent Help 123	(800) 322-2588	www.parenthelp123.org
Department of Children, Youth, and Families	(866) 482-4325	https://www.dcyf.wa.gov/
Apple Health	(855) 900-3066	www.applehealth.org
Washington Information Network	211	www.win211.org



Family Center: (800) 446-1114

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