



## Child Care Aware of Washington Family Center News for Families



We acknowledge that these are difficult times to be a parent, a guardian or a child. All of us at Child Care Aware of Washington want to help you connect with resources that can help you find child care, or a virtual play and learn group, or supports for helping school-age children with distance learning, or ways to start conversations with children about the harmful affects of racism. At the end of this article you can find links to these resources on our website.

If you have school-age children at home who are distance learning/ remote learning because their school district is not open for in-person learning, you may be wondering what you can do to help everyone be successful in this new way to learn. First, keep in mind that there is no “perfect” way to do this, and that your relationship with your child(ren) is more important than any academic grade.

One way to help make things run smoothly now that K-12 students are “back-to-school” online, is to create a schedule, or a daily routine for students to follow. Having routines provide kids with predictability and make it easier for everyone to know what they should be doing when. On page two of this newsletter you can see an example of a schedule that can work for school-age children.

Another way to help things go well during learning at home, or learning at child care, is to make sure students have a quiet place to do their schoolwork, whether they are online or not. If you have multiple children and distraction is an issue, you or your child(ren), can create simple cardboard desk dividers. They can be decorated with the child’s interests in mind. See page two for examples.

- Find child care near you: <https://childcareawarewa.org/families/> or call 1-800-446-1114 Mon.—Fri.
- Resources for supporting school-age children with distance learning: <https://childcareawarewa.org/back-to-school-during-covid-19/>
- Connect with a local play and learn group—Please call our Family Center M—F at 1-800-446-1114
- Resources for talking with children about race and racism: <https://childcareawarewa.org/resources-for-talking-with-children-about-racism/>

### News for Families

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## Free Early Math Resources

Stanford University's Development and Research in Early Math Education Center has free early math resources for families.

The DREME Center's new early math kits show families how to turn reading time into math time. They are available in English and Spanish. The printable resources are full of tips, recipes and games for children ages 0-8. You can find them online at <https://dreame.stanford.edu/news/home-early-math-learning-kit-families-ideas-supporting-young-children-s-math-skills-during>.



## Free Online Mindfulness Classes

Mindful Schools, a nonprofit organization dedicated to training educators in mindfulness, has free online courses that can help preschool – 5th grade children learn how to reduce stress, be mindful, focus on the present and more.

What is mindfulness? It is a deep focus on the present, and on what you are sensing and feeling, without any judgement or need to interpret. It involves deep breathing and learning to be fully present in the moment.

Each session is about 20-30 minutes long. You can learn more online here: <https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>.

## Help for Families Experiencing Homelessness

This is an especially hard time to experience homelessness. 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.

It's critically important that young children experiencing homelessness receive the opportunity to play, learn and create friendships with their peers. Attending child care can provide all of this and more. Research shows quality child care can even act as a buffer for young children against the harmful effects of toxic stress.

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



## Ideas to Help Make Back-to-School During COVID-19 Easier

Here are two examples of easy-to-make tools to help school-age children during distance/remote learning either at home or at child care.

The desk dividers can be decorated by the child to make them even more fun so children will want to use them when they need to focus.

The daily schedule helps everyone know what to do and when to do it. They can be written by hand.

For more ideas, visit <https://childcareawarewa.org/back-to-school-during-covid-19/>.

X	Time	Task
	7:45	Get ready for the day
	8:00	Chores
	8:30	Breakfast
	9:00	Free Journal Writing: Topic (at least five sentences)
		• Take a photo in Seesaw
		• Upload to your journal
	9:30	Morning Meeting with Mrs. Nelson
	10:00	ELA: Writing-Spelling-Vocabulary-Raz Kids (see WAAG)
	10:30	Reading: 20 minutes
	11:00	Independent Work OR Free Journal Writing: Illustrate & label
		• Take a photo in Seesaw
		• Upload to your journal
	11:30	Lunch
	12:00	Free Play
	1:00	Meeting with Mrs. Nelson (math-math-science-math/social studies-math)
	1:30	Seesaw activities
		• Read Instructions!
		• Take a photo? Upload if so.
		• Unsure? Photo & upload anyway.
	2:30	Snack
	2:40	Specialist: If sharing is optional, please share anyway. Your teachers love to see your work!
	3pm	DONE WITH SCHOOL
	3pm	Chores



## Navigating Complex & Difficult Emotions During the Pandemic

The COVID-19 pandemic has affected everyone and every family. Some have faced the most difficult stresses imaginable—the illness and possibly even the death of loved ones. Others have not faced that level of stress, but it does not mean that the stress is not there.

The Washington State Department of Health has created an online guide or “toolbox” for families to help them navigate the stress and multiple emotions adults and children are feeling during the pandemic. The [COVID-19 Behavioral Health Toolbox for Families](https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/BHG-COVID19-FamilyToolbox.pdf) can be found at the link below.

The guide offers suggestions for helping children as young as toddlers and through the teen years manage the difficult feelings and experiences they are having in these uncertain times. The guide also provides tips on how parents and caregivers can practice self-care so they can continue to connect with their children and be responsive.

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/BHG-COVID19-FamilyToolbox.pdf>



## Free Virtual Play & Learn Groups for Caregivers & Children

Looking for fun ways to engage the young children you care for in great early learning? Child Care Aware of Washington can connect you to free online play and learn groups that create opportunities for young children and their caregivers to explore fun and simple ways to support child

development and school readiness at home.

We support 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 pandemic, 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.

## Need Child Development Information? Have Questions? Need Support?

Families can find many great sources of information and support on our website. We have linked to important resources on child development, child care assistance, food assistance, health insurance, kindergarten readiness and more. <https://childcareawarewa.org/families/>

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

Washington’s Early Achievers program helps child care providers across our state improve the quality of their programs. It 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.”

Early Achievers is free for providers to join. It opens up great supports and resources from Child Care Aware of Washington, like early learning coaching. There are more than 3,500 providers participating in Early Achievers and over 74,000 young children enrolled in Early Achievers programs.

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/>.





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



Family Center: (800) 446-1114

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