

COVID-19: Resources for Families with Young Children

If you would like to add any resources to this list or if any of the resources below are out of date/inaccurate, please email michael.anderson@cfcoc.ocgov.com

Haga clic aquí para ver la información en español

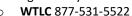
Connection to Services

- <u>Help Me Grow Orange County</u>: connecting families with young children to resources, including basic needs, developmental, learning and behavior resources
- Safety, food, housing: if you need help right away with safety, food, housing, or something else, call 2-1-1 or go to 211oc.org
- Orange County Business Council: publishes a weekly newsletter with links to food resources, information for businesses, specific resources and information for the Orange County community, utilities information, ways to give back, support for local restaurants, and more; sign up for the newsletter by clicking here

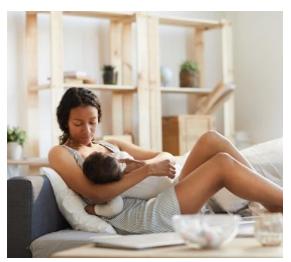
Health & Mental Health

<u>Orange County Perinatal Mental Health Toolkit:</u> local resources, evidence-based tools, and recommendations to assist healthcare and service providers in offering education, preventive interventions, screening, referral, and treatment for new and expecting parents

- OC COVID-19 Testing Network: offers COVID-19 testing to anyone with symptoms who does not have access to a healthcare provider
- <u>Family Assessment Counseling & Education Services</u>: provides telehealth and counseling by phone via no-cost 30-minute sessions; contact FACES at (714) 447-9024 or counseling1@facescal.org
- **CHOC Children's**: speak to a nurse 24/7 to answer your questions about coronavirus and your child at 1-844-GET-CHOC
- First 5 Orange County: <u>Coronavirus & Caring for Your Baby in English</u>, and El Coronavirus y el Cuidado de su Bebé en Español
- Centers for Disease Control: caring for children in a disaster
- American Academy of Pediatrics parenting website: help with working and learning during the outbreak, including information for prenatal, infants, toddlers and preschoolers
- <u>American Academy of Pediatrics, Orange County chapter</u>: provides an overview of the novel coronavirus, local resources, and other information
- OC Healthier Together: Provides several downloadable flyers and resources for improving health
- Orange County Parent Wellness Program: talk for free to a caring expert at 714-480-5160
- California Department of Public Health: guidance for women, families, and health care professionals
- National Suicide Prevention Lifeline: Free and confidential support at 1-800-273-TALK (8255)
 - Military and veterans, press 1; for assistance in Spanish, press 2
 - Crisis Text Line: Text HOME to 741741 to speak with a live, trained counselor on a secure platform
- The Trevor Project: LGBTQ youth can call 1-866-488-7386 or text START to 678678 to speak with a counselor
- Domestic Violence: hotlines for four domestic violence agencies in Orange County
 - o **Human Options** 877-854-3594
 - o Laura's House 866-498-1511



o Interval House 714-891-8121



Childcare



- <u>State Guidance for Child Care industry</u>: CDSS has issued new guidance around child care facilities to reduce the spread of coronavirus
- <u>Family Friendly Practices</u>: Suggestions of family friendly policies to assist employees and help support families
- <u>Support for Working Families</u>: Assistance in locating child care, finding assistance to pay for child care, and connecting to additional resources
- <u>Child Development Centers</u>: provides childcare as well as academic and educational enrichment and kindergarten readiness programs
- <u>Boys and Girls Clubs of Tustin</u>: provides childcare for first responders and essential workers
- Boys and Girls Clubs of Huntington Valley and Boys and Girls Clubs of Central Orange Coast provide childcare for essential workers
- <u>Children's Home Society of California</u>: provides instructions on how essential
- workers can enroll children in subsidized Emergency Child Care, in English and in Spanish
- YMCA: childcare available at 28 locations throughout Orange County for children of first responders, healthcare workers, and essential workers
- <u>Early Childhood OC</u>: searchable database of currently open child care centers and family child care homes
- <u>Childcare Law Center</u>: Q&A about the impact of coronavirus on child care in California
- If you are a childcare provider and need supplies to stay open for essential workers during COVID-19, please email Anila Neumeister who is gathering information about needs and resources at aniltaneu@cox.net.

Food & Supplies

- <u>U.S. Department of Agriculture Food and Nutrition Services</u>: an interactive map, as well as the Summer Food Service
 Program, shows where to find free meals for kids and teens in low-income areas; visit their website, text "Summer Meals"
 to 97779 or call 1-866-348-6479 to find a nearby site
- Pandemic Electronic Benefit Transfer: The U.S. Department of Agriculture has approved California for <u>Pandemic EBT</u>, a new food assistance program for children in California who are living in households struggling with food insecurity; each eligible child will receive \$5.70 per day for days in which school was closed
- <u>California WIC (Women, Infants & Children)</u>: WIC nutrition and breastfeeding support are available during stay-at-home orders; <u>find</u> your WIC foods during the COVID-19 pandemic
- <u>Community Action Partnership of Orange County</u>: list of food and nutrition, as well as infant and youth resources
- <u>Second Harvest Food Bank Drive-Through</u>: drive-through food bank from 9 a.m. to noon Saturday in Anaheim; their website also lists other food programs and resources
- Southwest Community Center: Drive Thru Food Distribution 9-11 Monday/Wednesday, no appointment needed
- <u>Families Forward</u>: housing assistance, medical resources, and transportation assistance, as well as a drive-through food bank 10 a.m. to 2 p.m. Monday to Friday in Irvine
- South County Outreach: appointment-only food pantry in Irvine
- How to get food help in Orange County: list of food resources all across Orange County
- California Lifeline Program: free wireless service for qualifying low-income households
- OC Public Libraries: provides a list of free and low-cost options for internet access in Orange County

Tips for Talking to Your Child About COVID-19

- First 5: Play and Plan Journal for families, <u>available in English</u> and <u>in Spanish</u>
- CHOC: How to help kids cope with anxiety around the coronavirus
- PBS: How to talk to young children about COVID 19
- NPR: Just for Kids: A Comic Exploring Coronavirus

Education and Distance Learning



- Orange County Head Start, Inc.: enrollment is open for the school readiness program; enrollment may include nutrition, diapers and formula. OCHS also shares at-home lesson plans for kids ages 0-2, 2-3, and 3-5
- Orange County Dept. of Education: educational information and resources for students and families
- Orange County Together: a guide to safely reopening schools in the COVID-19 era
- Girl Scouts of Orange County: online resources for K-12 kids at home
- Kid Builders: activities to build your child's healthy body and mind, for infants,

toddlers and preschoolers

- Anaheim Union High School District: resources for children and families in Anaheim including food, education, mental health, parenting resources, and more
- <u>Stay Play Grow app</u>: the Early Learning Lab released the free Stay Play Grow app to support parents and caregivers of children age 0-5 during the coronavirus outbreak and beyond, in English and Spanish
- Pretend City: "Play at Home" virtual programming to support healthy child development

Nonprofits and Business

One OC: One OC resources specific to nonprofit organizations

Up-to-Date COVID-19 Information

CDSS new guidance as stay-at-home orders are modified
Centers for Disease Control and Prevention
Orange County Health Care Agency
Orange County Business Council