

# **COVID-19: Resources for Families** with Young Children

## **Connection to Services**

- Help Me Grow Orange County: 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

### Health & Mental Health

- Family Assessment Counseling & Education Services: provides telehealth and ٠ 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: Coronavirus & Caring for Your Baby
- 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
- Orange County Parent Wellness Program: talk for free to a caring expert at 714-480-5160
- Child Trends: resources for supporting your child's emotional well-being
- California Department of Public Health: guidance for women, families, and health care professionals
- **Domestic Violence:** hotlines for four domestic violence agencies in Orange County
  - Human Options 877-854-3594

Childcare

- Laura's House 866-498-1511 0
- o WTLC 877-531-5522
- Interval House 714-891-8121 0



- Boys and Girls Clubs of Tustin: provides childcare for first responders and essential workers
- Mariners Church: infant to age 5 childcare for healthcare workers
- Children's Home Society of California: provides instructions on how essential workers can enroll children in subsidized Emergency Child Care, in English and in Spanish
- Boys and Girls Clubs of Central Orange Coast: childcare for essential service providers
- YMCA: childcare available at 28 locations throughout Orange County for children of first responders, healthcare workers, and essential workers
- Early Childhood OC: searchable database of currently open child care centers and family child care homes
- Childcare Law Center: Q&A about the impact of coronavirus on child care in

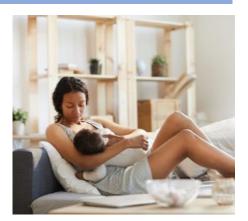
California

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- 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 anilaneu@cox.net.
- Boys and Girls Clubs of Huntington Valley: provides full-day childcare for essential workers

#### **Food & Supplies**

- Second Harvest Food Bank Drive-Through: drive-through food bank from 9 a.m. to noon Saturday in Anaheim; their website also lists other food programs and resources
- Anaheim Elementary School District: free meals for children 18 and under in Anaheim (English and Spanish)



- Southwest Community Center: food pantry and hot meals to eat off-site, provided at noon Monday to Sunday in Santa Ana
- Families Forward: 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
- School Meals: grab and go school meals open to all children 18 and under, no paperwork or signups necessary
- **Diapers**: here is a list of sites that distribute diapers
- <u>California Lifeline Program</u>: free wireless service for qualifying low-income households
- <u>Charter Communications</u>: free access to Spectrum Broadband and Wi-Fi for 60 days for new K-12 and college student households and Wi-Fi hotspots
- Everyoneon: low-cost internet and computers

#### **Tips for Talking to Your Child About COVID-19**

- 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
- National Association of School Psychologists: <u>Talking to Children about COVID-19</u>

#### **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
- Girl Scouts of Orange County: online resources for K-12 kids at home
- Orange County Department of Education: information on distance learning
- **First 5 Association**: resources for children and families including coping with stress and education and at-home learning resources
- Kid Builders: activities to build your child's healthy body and mind, for infants, toddlers and preschoolers

#### **Financial Support for Nonprofits & Childcare Providers**

- **OC Community Resilience Fund**: a collaborative response by the Orange County philanthropic community to support community-based organizations that serve vulnerable communities most impacted by the pandemic
- Voices for Healthy Kids COVID-19 Rapid Response Grant: a joint initiative of the Robert Wood Johnson Foundation and

American Heart Association provides grants for community-based organizations to support systems and policy change campaigns in communities most impacted by health inequities

#### **Up-to-Date COVID-19 Information**

Centers for Disease Control and Prevention Orange County Health Care Agency Orange County Business Council