

## EARLY CHILDHOOD HEALTH AND WELLNESS RESOURCES

### EVENTS

- *Unpacking the Pyramid Model: A Practical Guide to Social Emotional Learning*. October 1, 2-3:30 PM ET.  
<https://www.earlychildhoodwebinars.com/webinars/unpacking-the-pyramid-model-a-practical-guide-to-social-emotional-learning-by-drs-mary-louise-hemmeter-lise-fox-and-michaelene-ostrosky>
- *Feeding Infants Guide – Explored*. October 1, 2-2:30 PM ET.  
<https://www.cacfp.org/news-events-conferences/shop-talk-series/>
- *Promotores and Community Health Workers Conference*. October 1-3, 2020. This free conference will be held in Spanish, but English interpretation will be provided.  
<http://www.vyconference.org/>
- *Child Nutrition Saturday Summit*. October 3 (and on-demand through October 31, 2020).  
<https://www.cacfp.org/news-events-conferences/saturday-summit/>
- *Managing from Home? Engaging Remote Staff*. October 8, 2-2:30 PM ET.  
<https://www.cacfp.org/news-events-conferences/shop-talk-series/>
- *Advancing Health Equity Science, Practice & Outcomes*. October 14, 11 AM-3:30 PM ET.  
<https://nam.edu/event/advancing-health-equity-science-practice-outcomes-a-culture-of-health-listening-workshop-stakeholder-webinar-series/>
- *Parents, Children and Transgender Identities*. October 14, 3-4:30 PM ET.  
[https://bostonchildrens.zoom.us/webinar/register/WN\\_NjMgAf1RSOO2NBZvXZT-zQ](https://bostonchildrens.zoom.us/webinar/register/WN_NjMgAf1RSOO2NBZvXZT-zQ)
- *Small Steps for Big Vision: An Eye Health Information Tool Kit for Parents & Caregivers!* October 20, 3– 4:30 PM ET.  
<https://nationalcenter.preventblindness.org/events/small-steps-launch-webinar/>
- *Teaching Social Justice: Navigating the Deep Waters of Equity in Early Childhood Programs*. October 21, 2-3:30 PM ET.  
<https://www.earlychildhoodwebinars.com/webinars/teaching-social-justice-navigating-the-deep-waters-of-equity-in-early-childhood-programs>
- *Building Equity in ECE Settings Through Perspective-Taking and Empathy*. October 22, 2-3:30 PM ET.  
<https://www.earlychildhoodwebinars.com/webinars/perspective-taking-empathy-and-equity-in-ece-settings-by-jacky-howell-sabina-zeffler-and-makai-kellogg>
- *Puppets: Pals for Children, Social-Emotional Learning Partners for Teachers*. October 28, 2-3:30 PM ET.  
<https://www.earlychildhoodwebinars.com/webinars/beyond-bert-and-ernie-puppet-pals-for-children-sel-partners-for-teachers-by-jacky-howell/>
- *Enrolling Children and Young Families Experiencing Homelessness in Early Head Start*. October 28, 3-4:00 PM ET.  
<https://eclkc.ohs.acf.hhs.gov/event/enrolling-children-young-families-experiencing-homelessness-early-head-start>

### NEWS

- *Differentiating COVID-19 vs Flu Symptoms in Children*  
<https://www.medpagetoday.com/infectiousdisease/covid19/88488>
- *A New Layer of Trauma for the Nation's Children: Dangerous Wildfires*  
<https://www.edweek.org/ew/articles/2020/09/15/a-new-layer-of-trauma-for-the.html>
- *Poor Family Functioning During Pregnancy May Alter Child's Brain, Behavior*  
<https://www.healio.com/news/psychiatry/20200917/poor-family-functioning-during-pregnancy-may-alter-childs-brain-behavior>
- *Public Sinks Its Teeth into New Dietary Guidelines*  
<https://www.medpagetoday.com/primarycare/dietnutrition/88043>
- *AAP Offers Back-to-school Tips Amid Covid-19*  
<https://www.healthychildren.org/English/news/Pages/Back-to-school-Tips-Amid-Covid-19.aspx>
- *CDC: More Than Half of Pregnant Women with COVID-19 Lacked Symptoms*  
<https://www.medpagetoday.com/infectiousdisease/covid19/88659>

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## RESOURCES

### Children with Special Health Care Needs

- *COVID-19 and Asthma Toolkit for Schools*  
<https://secure.aafa.org/np/clients/aafa/product.jsp?product=280>
- *FAQs Regarding the Delivery of IDEA Early Childhood Services During the Coronavirus (COVID-19) Pandemic*  
<https://ectacenter.org/topics/disaster/coronavirus-faq.asp>
- *2020 Allergy-Friendly Halloween Candy Guide*  
<https://community.kidswithfoodallergies.org/blog/allergy-friendly-halloween-candy-guide>
- *Autism and COVID-19 Toolkit*  
<https://www.autism-society.org/covid-19/>

### Community Health and Data

- *Trends in Adverse Childhood Experiences (ACEs) in the United States*  
<http://www.unh.edu/ccrc/pdf/CV377-Trends%20in%20ACEs%20Pub2.pdf>
- *CDC COVID Data Tracker*  
[https://covid.cdc.gov/covid-data-tracker/#cases\\_totalcases](https://covid.cdc.gov/covid-data-tracker/#cases_totalcases)
- *Inequalities Persist Despite Decline in Poverty for All Major Race and Hispanic Origin Groups*  
<https://www.census.gov/library/stories/2020/09/poverty-rates-for-blacks-and-hispanics-reached-historic-lows-in-2019.html>
- *The Rate of Children Without Health Insurance Is Rising, Particularly among Latino Children of Immigrant Parents and White Children*  
<https://www.hispanicresearchcenter.org/wp-content/uploads/2020/09/children-without-health-insurance-sep-2020.pdf>

### Emergency Preparedness, Response, and Recovery

- *Organizations Preparing for Emergency Needs (OPEN)*  
<https://community.fema.gov/opentraining>
- *A Guide to Building Healthy and Safe Early Childhood Facilities After a Natural Disaster*  
<https://eclkc.ohs.acf.hhs.gov/publication/guide-building-healthy-safe-early-childhood-facilities-after-natural-disaster>
- *Participation of Children and Adolescents in Live Crisis Drills and Exercises*  
<https://pediatrics.aappublications.org/content/146/3/e2020015503>
- *Returning to School After an Emergency or Disaster: Tips to Help Your Students Cope* (English and Spanish)  
<https://www.cdc.gov/childrenindisasters/school-return-after.html>

### Environmental Health

- *Eco-Healthy Child Care® Frequently Asked Questions* (English and Spanish)  
<https://cehn.org/our-work/eco-healthy-child-care/toxicant-faqs/>
- *Research Shows Coronavirus Spreads Primarily Through Air*  
<https://www.pbs.org/newshour/show/research-shows-coronavirus-spreads-primarily-through-air-heres-how-to-reduce-risk>
- *Focus On Cleaning Surfaces Can Distract from Actual Virus Spread*  
<https://www.pbs.org/newshour/show/how-a-focus-on-cleaning-surfaces-can-distract-from-actual-virus-spread>
- *Schools for Health: Risk Reduction Strategies for Reopening Schools*  
<https://schools.forhealth.org/wp-content/uploads/sites/19/2020/06/Harvard-Healthy-Buildings-Program-Schools-For-Health-Reopening-Covid19-June2020.pdf>

## Health Equity, Inclusion, Cultural and Linguistic Responsiveness

- *Asthma Disparities in America*  
<https://www.aafa.org/asthma-disparities-burden-on-minorities.aspx>
- *Breastfeeding Takes a Village and, Too Often, Black Women Don't Have One*  
<https://www.nichq.org/insight/breastfeeding-takes-village-and-too-often-black-women-dont-have-one>
- *Conversations on COVID-19: Impacts on Communities of Color*  
<https://www.nationalacademies.org/resource/conversations-on-covid-19-impacts-on-communities-of-color>
- *A Pandemic within a Pandemic: How Coronavirus and Systemic Racism Are Harming Infants and Toddlers of Color*  
[https://www.clasp.org/sites/default/files/publications/2020/09/2020\\_A%20Pandemic%20within%20a%20Pandemic.pdf](https://www.clasp.org/sites/default/files/publications/2020/09/2020_A%20Pandemic%20within%20a%20Pandemic.pdf)

## Health Literacy/Family Education, Engagement, and Health

- *Environmental Screening Questionnaire (ESQ)*  
<https://agesandstages.com/products-pricing/esq/>
- *A.C.H.I.E.V.E: All Children's Health Initiative for Eye and Vision Excellence* posters (English and Spanish)  
<https://nationalcenter.preventblindness.org/achieve/#1597674790259-8205bc98-2b20>
- *How to Select, Wear, and Clean Your Mask* (English, Vietnamese, Chinese, Korean, and Spanish)  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- *Seven Steps to Calm an Explosive Child*  
<https://www.acesconnection.com/blog/seven-steps-to-calm-and-explosive-child>

## Managing Health Services

- *CACFP Crediting Handbook*  
[https://www.cacfp.org/files/3815/8439/2062/2020\\_FNS\\_Crediting\\_Handbook.pdf](https://www.cacfp.org/files/3815/8439/2062/2020_FNS_Crediting_Handbook.pdf)
- *Vaccine Finder*  
[www.vaccinefinder.org](http://www.vaccinefinder.org)
- *Frequently Asked Influenza (Flu) Questions: 2020-2021 Season* (English and Spanish)  
<https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>
- *2020–2021 PIR Collection Documents*  
<https://eclkc.ohs.acf.hhs.gov/data-ongoing-monitoring/article/program-information-report-pir>

## Mental Health and Wellness/Social-Emotional Development

- *Head Start Heals: Frequently Asked Questions*  
<https://eclkc.ohs.acf.hhs.gov/mental-health/article/head-start-heals-frequently-asked-questions>
- *Trauma-Informed Approaches: Connecting Research, Policy, and Practice to Build Resilience in Children and Families*  
<https://aspe.hhs.gov/pdf-report/trauma-informed-approaches-connecting-research-policy-and-practice-build-resilience-children-and-families>
- *Supporting Social and Emotional Well-Being* (English and Spanish)  
<https://eclkc.ohs.acf.hhs.gov/mental-health/article/supporting-social-emotional-well-being>
- *Mental Health and Wellness*  
<https://eclkc.ohs.acf.hhs.gov/about-us/coronavirus/mental-health-wellness>

## New and Expectant Families

- *Improving Our Approach: Better Conversations About Breastfeeding*  
<https://www.nichq.org/improving-our-approach-better-conversations-about-breastfeeding>
- *Feeding Infants and Children from Birth to 24 Months*  
<https://www.nap.edu/catalog/25747/feeding-infants-and-children-from-birth-to-24-months-summarizing>
- *Get the Whooping Cough Vaccine During Each Pregnancy* (English and Spanish)  
<https://www.cdc.gov/pertussis/pregnant/mom/get-vaccinated.html>

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- *The Role of Length of Maternity Leave in Supporting Mother–Child Interactions and Attachment Security Among American Mothers and Their Infants*  
<https://ijccep.springeropen.com/track/pdf/10.1186/s40723-018-0041-6>

### **Nutrition**

- *Questions and Answers for the Child Nutrition Programs during School Year 2020-2021*  
<https://www.fns.usda.gov/disaster/pandemic/covid-19/questions-and-answers-child-nutrition-programs-during-sy-2020-21>
- *Serving Snacks in the Child and Adult Care Food Program* (English and Spanish)  
<https://www.fns.usda.gov/tn/serving-snacks-cacfp>
- *Child and Adult Care Food Program: Providing Multiple Meals at a Time During the Coronavirus Pandemic*  
<https://www.fns.usda.gov/tn/providing-multiple-cacfp-meals-during-coronavirus>
- *Serving Milk Bingo* (English and Spanish)  
<https://www.fns.usda.gov/tn/serving-milk-bingo>

### **Oral Health**

- *Understanding the Dental Periodicity Schedule and Oral Exam: A Guide for Head Start Staff*  
<https://eclkc.ohs.acf.hhs.gov/publication/understanding-dental-periodicity-schedule-oral-exam-guide-head-start-staff>
- *Healthy Bedtime Routine*  
<https://eclkc.ohs.acf.hhs.gov/publication/healthy-bedtime-routine>
- *Oral Health and School Readiness*  
<https://eclkc.ohs.acf.hhs.gov/publication/oral-health-school-readiness>
- *Toothbrushing Tips for Young Children* (English and Spanish)  
<https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Toothbrushing-Tips-for-Young-Children.aspx>

### **Physical Activity and Outdoor Education**

- *Child Care Weather Watch*  
<https://idph.iowa.gov/Portals/1/Files/FamilyHealth/weatherwatch.pdf>
- *Active Play, Every Day at Home* video (English and Spanish) and video guide  
<https://eclkc.ohs.acf.hhs.gov/video/active-play-every-day-home>
- *Play at Home Playbook* (English, Arabic, Russian, Chinese, Somali, Spanish, and Vietnamese)  
<https://www.playworks.org/get-involved/play-at-home/>
- *OSHA-NIOSH Heat Safety Tool*  
<https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>

### **Physical Health and Wellness**

- *Enterovirus D68* (English and Spanish)  
<https://www.cdc.gov/non-polio-enterovirus/about/ev-d68.html>
- *Vaccine (Shot) for Chickenpox* (English and Spanish)  
<https://www.cdc.gov/vaccines/parents/diseases/varicella.html>
- *Recommendations for Prevention and Control of Influenza in Children, 2020–2021*  
<https://pediatrics.aappublications.org/content/early/2020/09/08/peds.2020-024588>
- *Ask the Expert: COVID-19 Webinar Series*  
<https://eclkc.ohs.acf.hhs.gov/physical-health/article/ask-expert-covid-19-webinar-series>

## Professional Development

- *8 Tips to Help Teachers and School Staff Read Food Labels for Food Allergies*  
<https://community.kidswithfoodallergies.org/blog/8-tips-to-help-teachers-and-school-staff-read-food-labels-for-food-allergies>
- *Promoting Healthy Choices and Community Changes* (English and Spanish)  
<https://thinkculturalhealth.hhs.gov/education/community-health-workers>
- *Indoor Air Quality Knowledge-to-Action Professional Training Webinar Series*  
<https://www.epa.gov/iaq-schools/indoor-air-quality-knowledge-action-professional-training-webinar-series>
- *Creating a Culture of Staff Wellness*  
<https://eclkc.ohs.acf.hhs.gov/health-services-management/learning-module/creating-culture-staff-wellness>

## Safety and Injury Prevention

- *Keep Kids Safe Around Cleaning Products* infographic  
<https://www.safekids.org/infographic/keep-kids-safe-around-cleaning-products>
- *Check Your Car Seat Today with These Virtual and Online Resources*  
<https://www.safekids.org/blog/check-your-car-seat-today-these-virtual-and-online-resources>
- *Save the Number, Save a Life!* Go to <https://vcrd.co/poison/4222> or text poison to 484848 to download Poison Control's contact info directly to your smartphone.
- *Reducing the Risk of Choking in Young Children at Mealtimes*  
<https://www.fns.usda.gov/tn/reducing-risk-choking-young-children-mealtimes>

## School Readiness/Transitions

- *The Pandemic and Preschool Education in Five Charts*  
<http://nieer.org/wp-content/uploads/2020/09/NEPCPandemicin5Slides.pdf>
- *Health and School Readiness* (English and Spanish)  
<https://eclkc.ohs.acf.hhs.gov/school-readiness/article/health-school-readiness>
- *Healthy Transitions to Kindergarten* (English and Spanish)  
<https://eclkc.ohs.acf.hhs.gov/publication/healthy-transitions-kindergarten>
- *How to Balance In-Person and Remote Instruction*  
<https://www.edweek.org/ew/articles/2020/07/23/how-to-balance-in-person-and-remote-instruction.html>

## Staff Health and Wellness

- *Optimistic October 2020* (Arabic, Bengali, Catalan, Chinese, Czech, Dutch, English, Estonian, Finnish, French, German, Greek, Hindi, Hungarian, Icelandic, Italian, Japanese, Lithuanian, Polish, Portuguese, Spanish, Swedish, Turkish, Welsh, and Ukrainian)  
<https://www.actionforhappiness.org/optimistic-october>
- *Self-Care in the Time of Coronavirus* (English and Spanish)  
<https://childmind.org/article/self-care-in-the-time-of-coronavirus>
- *Preventing the Spread of Flu in the Workplace* (English and Spanish)  
<https://www.cdc.gov/flu/business/prevent-flu-workplace.html>
- *Promoting Vaccination in the Workplace* (English and Spanish)  
<https://www.cdc.gov/flu/business/promoting-vaccines-workplace.htm>

## Substance Use

- *Rx Awareness campaign*  
<https://www.cdc.gov/rxawareness/index.html>
- *Resources for Families Coping with Mental and Substance Use Disorders*  
<https://www.samhsa.gov/families>

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- *Marijuana and Pregnancy*  
<https://www.samhsa.gov/marijuana/marijuana-pregnancy>
- *Substance Use Disorder and Recovery*  
<https://eclkc.ohs.acf.hhs.gov/mental-health/article/substance-use-disorder-recovery>

## FUNDING OPPORTUNITIES

- *GameTime Cares™ Customer Assistance Program* is helping bring play to more children and families by providing playground grant funds toward the purchase of new play systems. For a limited time, GameTime is offering up to 100% matching funds on eligible play systems. Grant funds are offered on a first-come, first-served basis. The application deadline is October 30, 2020.  
<https://www.gametime.com/playground-grant>
- *Annie's Grants for Gardens* offers grants to school gardens for educational programs that connect children directly to gardening. The school garden must be an edible school garden (growing fruits, vegetables, herbs, grains, etc.). Schools can purchase any equipment appropriate for the garden with the grant funds, such as plants, seeds, raised beds, fencing, wheelbarrows, greenhouses, and drip irrigation systems. Awarded schools will receive \$5,000. The 2020 application window will be open in July and end in November.  
<https://www.annies.com/grants-for-gardens/>
- *American Academy of Dermatology (AAD) Shade Structure Grant Program* awards grants of up to \$8,000 to public schools and non-profit organizations for installing permanent shade structures for outdoor locations that are not protected from the sun, such as playgrounds, pools, or recreation spaces. The application will be available from October 1 - December 31.  
<https://www.aad.org/public/public-health/shade-structure-grants>
- *The Rite Aid Foundation* is offering funding to nonprofit organizations that focus on health and wellness in the communities in which Rite Aid operates. The Foundation accepts proposals throughout the year and the submission deadlines for our quarterly board meetings are as follows: July 15, October 15, January 15, and April 15.  
<https://www.riteaid.com/about-us/rite-aid-foundation>
- *The Max and Victoria Dreyfus Foundation* awards grants to organizations for whom a small amount of money can make a big difference. Grants are awarded by the Foundation in the Spring and Autumn of each year. Organizations may apply once annually and may not apply for consecutive grant rounds (Autumn/Spring, Spring/Autumn). Awards range from \$1,000 to \$20,000. For the Spring round of grants, the deadline is November 10, for the Autumn round of grants, the deadline is May 10.  
<https://www.mvdreyfusfoundation.org>
- *Costco Wholesale's* primary charitable efforts specifically focus on programs supporting children, education, and health and human services in the communities where they do business. Award amount vary. Deadline: Rolling.  
<https://forms.benevity.org/eb5f89d4-4631-4c20-8681-0186712671a0>