

WHAT CAN YOU DO?

1

Physical Needs

- Eat healthy food
- Create a safe space to be
- Decide who will supervise and provide child care
- Engage in healthy physical closeness



2

Emotional Needs

- Take 3 deep breaths
- Create schedules and routines together
- Get outside and move your body
- Notice your moods and feelings
- Connect with other people



Click  to view a video in each section



3

Meaningful Learning

- Play a variety of games
- Read (anything)
- Notice and wonder (ask questions and explore)
- Talk about what you learned



Dear Parents & Caregivers....

- Do these things for yourself FIRST.
- Clearly communicate these priorities with your child.
- Reach out to teachers and school staff
- Your job is to be a caregiver (not a teacher).
- More is NOT always better. You are doing enough.
- Let the things that you do strengthen the relationships in your household.

[Use this checklist for support](#)

