



# Milton Early Childhood Alliance

## PARENT RESOURCES DURING THE COVID-19 CORONA VIRUS OUTBREAK

[Managing Your Own Emotions: The Key to Positive, Effective Parenting](#) by Zero to Three

This article discusses the influence parental reactions have on young children's behavior and provides guidance on ways to respond that help children calm more easily and learn better coping skills.

[Tips for Parents Managing Big Stressors with Little Ones in the House](#) by Zero to Three

You are the most important person in your child's life. You are the one that helps them feel safe. When you are worried or sad, they know it. Taking care of yourself is one of the most important ways you can take good care of your child.

[Stress Management for Parents](#) is an article providing information on the types of stress you may be experiencing, how to recognize stressors, and techniques on how to deal with them.

[12 Ways to Effectively Parent During Crisis Part 1 of 2](#) is a two-part article from Psychology

Today and will help parents when talking to their child about COVID-19 and how to address their questions and concerns. Here is [Part 2 of 2](#).

[US Department of Education](#) has written questions and answers on providing services to **children with disabilities** during the Corona disease 2019 outbreak.

[Mass211](#) is a program of the United Way that will connect you with vital information and resources, both via their website or by calling 2-1-1 on your phone.

[Centers for Disease Control and Prevention](#) have the most up-to-date information on the COVID-19 outbreak, the disease's symptoms, how to protect yourself and your family, and much more.

[Commonwealth of MA Dept. of Public Health](#) is working closely with the federal Centers for Disease Control and Prevention to bring the most up-to-date information about COVID-19 to the residents of Massachusetts.

[Massachusetts COVID-19 Unemployment Information](#) website will provide you with the most up-to-date information regarding unemployment during the coronavirus outbreak, and includes information for employers, employees, self-employed individuals, and temporary workplace shut downs.

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The Milton Early Childhood Alliance is a program of Discovery Schoolhouse, Inc.  
and is funded through the CFCE grant from the MA Dept. of Early Education and Care.  
We gratefully acknowledge the First Congregational Church their generous use of our office space.



[Massachusetts Emergency Management Agency](#) provides Massachusetts residents with emergency preparedness resources, emergency alerts, and information during and after emergencies and disasters.

[Project Bread COVID-19 Hunger and Food Resources](#) are assisting any Massachusetts resident who needs access to food. They will provide you with information and resources in your community as well as assist with SNAP applications. Their toll free number is 1-800-645-8333.

The [Town of Milton](#) and its Health Department are keeping everyone informed and up-to-date. Just visit their website, scroll down to “News” and click “View All” for all information related to the COVID-19 outbreak and how it is affecting the town.

[Milton Public Schools](#) has the most recent information regarding school closing, COVID-19 information, food services for food insecure families, kindergarten and student registration, and other valuable information for Milton Public School families. Visit their website to view Superintendent Gormley’s blog posts, or follow them on social media platforms such as Facebook and Twitter.

[Milton Residents Fund](#) provides limited financial assistance to Milton Residents.

Learn how to use the [Dialogic and Interactive Reading](#) approach when reading to your child. This is a fun and engaging way to encourage your child to enjoy stories. Children will appreciate dialogic reading more than traditional reading as long as you mix-up your prompts with straight reading, vary what you do from reading to reading, and follow the child's interest.

[Hand Washing: A Family Activity](#) from the Centers for Disease Control and Prevention provides valuable information on handwashing for the entire family.

[COVID-19 video explanation](#): use this child-friendly video to explain COVID-19 to your children.

[COVID-19 Suggested Daily Schedule](#) while children are home from school. Scroll down a bit until you see the COVID-19 Daily Schedule colorful chart.

[COVID-19 Know the Symptoms](#) of this virus versus the symptoms of influenza or a cold. Scroll down almost ½ way until you see the blue Symptom Comparison chart.

Bleach cannot mix with other chemicals. To disinfect surfaces in your home, follow the Centers for Disease Control and Prevention Guidelines: use a bleach solution made by mixing 5 tablespoons (1/3rd cup) of bleach per gallon of water OR 4 teaspoons of bleach per quart of water.

[Comcast](#) has taken immediate steps to help connect low income families to the internet at home. If you do not have access to internet in your home, check this out to see if you qualify.

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