

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 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 in English, 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
- 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
- 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
 - Human Options 877-854-3594
 - Laura's House 866-498-1511
- o **WTLC** 877-531-5522
- o Interval House 714-891-8121

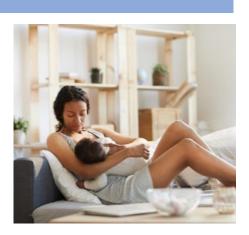




- Child Development Centers: provides childcare as well as academic and educational enrichment and kindergarten readiness programs
- Boys and Girls Clubs of Tustin: provides childcare for first responders and essential workers
- Boys and Girls Clubs of Huntington Valley and Boys and Girls Clubs of Central
 Orange Coast provide childcare for essential workers
- 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
- 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
- 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

- 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
- California WIC (Women, Infants & Children): WIC nutrition and breastfeeding support are available during stay-at-home orders
- 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, 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
- <u>Diapers</u>: here is a list of sites that distribute diapers
- California Lifeline Program: free wireless service for qualifying low-income households
- Charter Communications: 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
- 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

- 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: Talking to Children about COVID-19

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: distance learning resources
- 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
- Anaheim Union High School District: resources for children and families in Anaheim including food, education, mental health, parenting resources, and more

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

