

COVID EDITION • SPRING 2020

TODDLER TIMES

THE OFFICIAL VIRTUAL NEWSLETTER OF SITKA'S EARLY LEARNING PROGRAM

TAKE A PEEK!

BABY'S FIRST HUNKER-DOWN - 1

SITKA CONNECTIONS - 2

TAKE ME TO THE CALM - 3

JUST FOR KIDS - 4

ABOUT THE ELP & PLAYGROUP - 5

MAY ZOOM ROOM CALENDAR - 6

KIDS' COLORING PRINTOUT -7



BABY'S FIRST HUNKER-DOWN PARENTING IN THE TIME OF COVID

Greetings and welcome to the the first virtual edition of Toddler Times - your tip sheet for fresh resources, information and connections intended to enhance your role as parents and caregivers.

What started off as something happening to other people in other places rapidly impacted our lives on this little island. Adapting to the notion of *sheltering in place* is challenging for the best of us, but certainly more so for parents who need to not only adjust our own lives to fit the new reality, but also to help our offspring to grow and thrive without absorbing the additional anxieties and frustration that are a bonus aspect of this new era. Even though you probably didn't sign up for this pandemic, your name was on the mailing list... and so here we are #inthistogether.

Finding positive ways to connect with your children during this time means knowing that kids respond to major life events differently depending on their age, environment and a whole host of other factors. There are so many resources available today and some of the best can be found right here in the newsletter.

Your adventure begins here if you are interested in finding some simple, honest and effective **TIPS FOR FAMILIES** directly addressing age-appropriate responses to common questions about social distancing, coronavirus, facemasks, and other relevant topics.

SITKA CONNECTIONS

ONLINE ADVENTURES AWAIT



ALASKA RAPTOR CENTER will be providing a livestream Q & A sesh on Saturday mornings at 11 am. [Check it out on their Facebook here.](#) Videos will be posted afterwards on [ARC's YouTube channel here.](#)

FORTRESS OF THE BEAR has been significantly impacted by the coronavirus pandemic and is hoping to sell online merch in addition to raising interest and awareness in the local community. [Here is the link to their store,](#) which features some wonderful books, puzzles, toys and sweet swag for all ages.

SITKA SOUND SCIENCE CENTER is offering their fabulous [Sitka Sprouts](#) program in a virtual format that includes activity packets and worksheets for free download on their website. Scroll down the landing page to explore themes of previous weeks and grab those packets as well. What a fun way to help children discover the wonders of our island while simultaneously providing them with the opportunity to practice meaningful stewardship!

SITKA PUBLIC LIBRARY is your gateway to accessing free eBooks 24/7 through their [Statewide Library Electronic Library \(SLED\) portal.](#) This is one of the most valuable resources for children and adults alike - and now is the perfect time to explore everything from Alaska's enormous digital photo archives to over [180 free classic and brand-new Sesame Street eBooks.](#) If furry puppets are not your jam, another excellent resource to inspire adventure is the [International Children's Digital Library](#) which offers an incredible selection of books from all around the world, many in their original languages!

Because the **SITKA PUBLIC LIBRARY** is even more awesome, they have also been providing free craft kits to go for preschoolers every Saturday at 1:00 pm and can be found on the "free shelf" in the library lobby. There are a limited number of kits available. Call Maite at 747-4022 for details.

SITKA NATIONAL HISTORICAL PARK trails are currently open and accessible to the public, however, there are also some mighty cool virtual adventures to be had by visiting the [National Park Foundation's blog](#) which includes several hands-on activities to introduce preschoolers to the natural world. Explore more through social media with this hashtag, [#FindYourVirtualPark](#)

SITKA BREASTFEEDING SUPPORT GROUP has moved online to provide virtual lactation counseling to Sitka moms during the COVID-19 pandemic. Contact Jasmine Esmay at jasminee@searhc.org or Cameron Young at marthay@searhc.org for further information.

COMMUNITY MORNING MEDITATION has moved to a Zoom room format until further notice and is currently meeting every Friday morning at 7:00 until 7:30 am. Contact brookemccayschafer@gmail.com or spinningmoonapothecary@gmail.com for details.

TAKE ME TO THE CALM



PODCASTS TO HELP REDUCE ANXIETY

ZEN PARENTING/MINDFUL PARENTING - A weekly podcast that provides encouragement in self-awareness, mindfulness and empathetic parenting skills.

YOU NEED TO CALM DOWN - This is a 3-minute simple and very effective breathing exercise that can be your new go-to rescue remedy. Practicing this technique three times a day is recommended for optimal efficacy.

HOW TO HANDLE CORONAVIRUS ANXIETY - This special edition of the award-winning Ten Percent Happier podcast features the wisdom of two highly qualified experts who discuss practical tips for dealing with the fear, uncertainty and denial that is part of this surreal time in history. (67 mins.)

APPS TO HELP YOU DE-STRESS NOW

BREATHE2RELAX - Teaches you how to practice diaphragmatic (deep belly) breathing for instant relief. #breathe #relax #bellybreaths

HAPPIFY - Learn skills to help put the kibosh to negative thoughts, reduce stress and anxiety, build optimism, mindfulness, confidence and self-esteem with this science-based and surprisingly fun app. #behappy #beherenow #confident

RELAX WITH ANDREW JOHNSON LITE - Awesome app that provides rapid relaxation and stress relief. The soothing voice of Clinical Hypnotherapist, Andrew Johnson, is pure balm for your soul. #relaxation

INSIGHT TIMER - Popular, free gateway app to over 30,000 guided meditation sessions to help with all of the feels including sleep, anxiety and stress management. Bonus: There is also relaxing music and a kid-focused section.

SMILING MIND - If your goal is calm and present focus then this free app is made for you. In addition to offering mindfulness-themed programs for a wide range of contexts, Smiling Mind can help adults and children reduce stress about the disruptions to daily living that have become a regular aspect of life in the time of coronavirus.

SHORT VIDEOS TO EMPOWER PARENTS & CAREGIVERS

Social Connections
Concrete Supports



JUST FOR KIDS

Fighting the Big Virus: Trinka, Sam, and Littletown Work Together - A thoughtful storybook developed to help young children and their families explore feelings related to the pandemic. This book can be read online and/or printed out for coloring, but either way it is a helpful resource to guide the conversation with little ones.

Free Coronavirus Books for Kids - Are you looking for some effective tools to help kids make sense of the coronavirus pandemic as well as coping with sheltering in place? This link provides a variety of books that are downloadable, printable, or available to watch on youtube - all at no charge. While there is a range of selections here for different ages and abilities, the unifying objective is to empower parents and children with solid information and understanding.

Tinkergarten - This site provides free weekly activities, how-to's, and an active online community that is focused on elevating childhood through outdoor play. According to their website, the "expert-designed classes and activities help kids ages 6 months - 8 years develop core life skills while enjoying healthy, fun, engaging experiences in the physical freedom of local green spaces."

Easy Bird-feeders Kids Can Make - This may seem more age-appropriate for older kids, however folks of all ages will enjoy the end product - which is a means to attracting more birds into your yard. There are 15 simple designs to choose from and all will inspire a meaningful connection with the outdoors.

Rainstick, Rattle & Recycle a fun craft project from Kix cereal that is both kid-friendly and earth-friendly. This homemade musical instrument invites calm by imitating the soothing sound of rain falling as the tube is tipped back and forth.

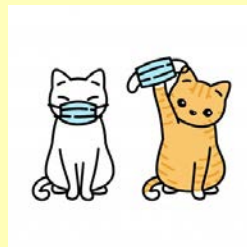
GiggleBellies will captivate and engage very young children with fun musical adventures that include adorable characters, colorful worlds, magical animations, and pure joy. Bonus: Their unique lullaby collection provides the perfect transition from day to night and is incredibly soothing for babies and toddlers. Along with an expansive collection of videos, their site also includes some free swag and printables.

PBS Kids offers a weekday newsletter chocked full of activities and tips to help kids play and learn at home. The link also has a bevy of free resources to support families at this time, including on-demand educational videos, a live stream of PBS Kids 24/7 channel (no subscription needed!), the PBS Kids Games App with nearly 200 educational games, and the PBS Kids for Parent section offers info, activities and tips for parents.

Kids Yoga Stories is an invigorating website that provides parents with solid resources to help babies, toddlers and growing kids experience the benefits of yoga. More than just physical postures and poses, yoga teaches breathing, mindfulness, relaxation and the essential principals of being a caring and compassionate human being.

Monster Meditation is the result of a beautiful collaboration between Sesame Street + Headspace in a effort to help young kids with mindfulness, meditation and managing emotions. Six animated shorts, lasting about three minutes each, help the Muppets to navigate common emotions such as frustration, anger, nervousness, or disappointment by using techniques such as belly breathing and sensory activities.

Kid-friendly Face Masks from the House of Mouse! Following the latest recommendations from the CDC that children 2 years and older should wear a cloth face covering in public settings - Disney is donating the profits from the sales of their very fetch and kid-friendly masks to the non-profit organization, MedShare, which is providing for children and families in underserved and vulnerable U.S. communities now through September 20, 2020. Check it out!



SITKA'S EARLY LEARNING PROGRAM

YOUR COMMUNITY OF CARE

The Center for Community's Early Learning Program (ELP) is a family-centered, home and community based program for families of children ages birth to 36 months. Following the safety protocols during quarantine has given us the opportunity to expand our services to embrace Telemed services as well. We invite you to contact us if you have any questions about your child's development in any of the following areas:

- VISION
- HEARING
- COMMUNICATIONS SKILLS
- MOTOR SKILLS SUCH AS ROLLING, SITTING, WALKING
- EYE-HAND COORDINATION
- SLEEPING OR FEEDING
- SENSORY PROCESSING
- SOCIAL-EMOTIONAL SKILLS
- PLAY SKILLS

For more information, please call **GAIL TRUJILLO** at 907-966-4231 or email any of the team listed on this page.



TEACH YOUR CHILDREN WELL PARENT & CHILD PLAYGROUP

Playgroup typically meets Tuesday and Thursday mornings from 10am - 11 am at 1904 HPR, in the Grace Harbor Church across from SeaMart.

HOWEVER

during the COVID quarantine we are meeting in a safe, silly and supportive ZOOM room!
Contact Lisa or Deborah via email for the secret handshake and/or zoom room number



YOUR ELP TEAM

GAIL TRUJILLO

PROGRAM MANAGER
GTRUJILLO@CFC.ORG

LISA HODGES

DEVELOPMENTAL SPECIALIST
LHODGES@CFC.ORG

TORI HAY

OCCUPATIONAL THERAPIST &
DEVELOPMENTAL SPECIALIST
THAY@CFC.ORG

MO MCBRIDE

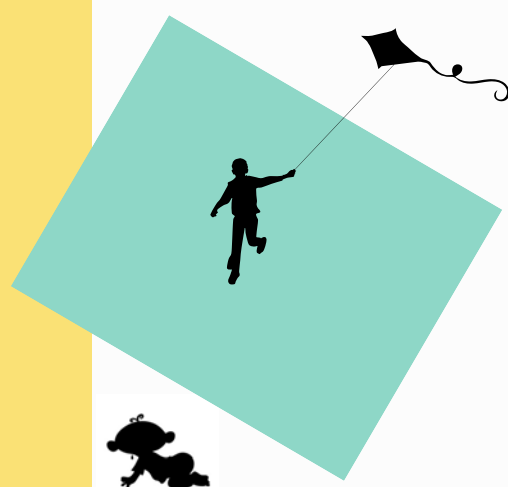
OCCUPATIONAL THERAPIST
MCMCBRIDE@CFC.ORG

STEVE MORSE

SPEECH-LANGUAGE THERAPIST
SMORSE@CFC.ORG

DEBORAH CORSO

PROGRAM ASSISTANT
DCORSO@CFC.ORG



MAY 2020 : Toddler Zoom Room Themes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
		Wiggle and Freeze		Costume / Dress-up Day		
10	11	12	13	14	15	16
MOTHER'S DAY		Colors of the Rainbow		Animal Sounds		
17	18	19	20	21	22	23
		Things that GO		Opposites: Big vs. Little, Hot vs. Cold, etc.		
24/31	25	26	27	28	29	30
		Impromptu Puppet Show Starring Your		Indoor Beach		



Feeling Faces

Use the *Feeling Faces* as a tool to help children label and express their feelings. You may encourage children to color in each feeling face as well!



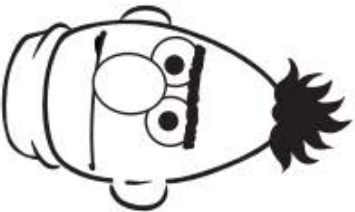
furious



ecstatic



thrilled



mad



frustrated



sad



miserable



happy



disappointed



LITTLE children
BIG challenges