

K-Ready Community

For Our Kids, For Our Families, For Our Future

February 24, 2021

We hope you were able to attend the *K-Ready* Town Hall last week on "Helping Children Cope with Stress". If you missed it or want to refresh your memory, check out the highlights here.

On behalf of the *K-Ready* Project Team and our Town Hall series partners, the Early Learning Coalition of Orange County and 4C, I'd also like to thank our co-host and moderator -- Commissioner Bakari Burns and Nancy Alvarez with WFTV; our event sponsor, UCP of Central Florida; and our panel of experts and champions for children.

Read on for Town Hall Highlights and information about other upcoming events and ways to become a *K-Ready* Champion for children!

Lauren
The *K-Ready Community* Project Team

P.S. Please consider joining the *K-Ready* Alliance and making a donation to power the movement to become a *K-Ready Community*!

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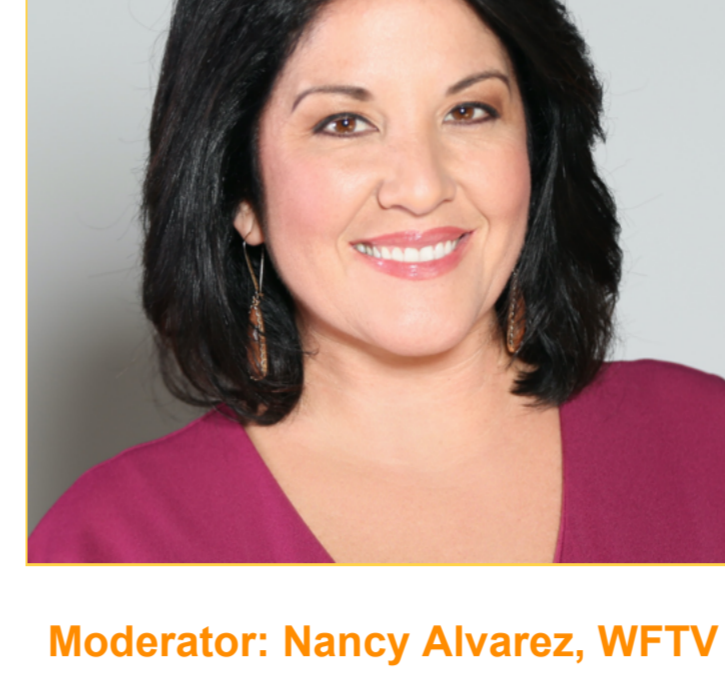
Highlights from "Helping Children Cope With Stress"

February 17, 2021

A Town Hall Series from the K-Ready Community, ELCOC, and 4C



Host: Commissioner Bakari Burns



Moderator: Nancy Alvarez, WFTV



A Big Thank You to our town hall sponsor -- UCP of Central Florida!

Highlights from the Town Hall

We heard from a panel of experts on what caregivers can do to support children, and manage their own stress, during these challenging times.

Panelists agreed that caregivers must take care of themselves in order to take care of their children. As co-host Commissioner Bakari Burns stated, we must "put our own oxygen masks on first" before we can help others.

Panelists' recommendations on dealing with stress included:

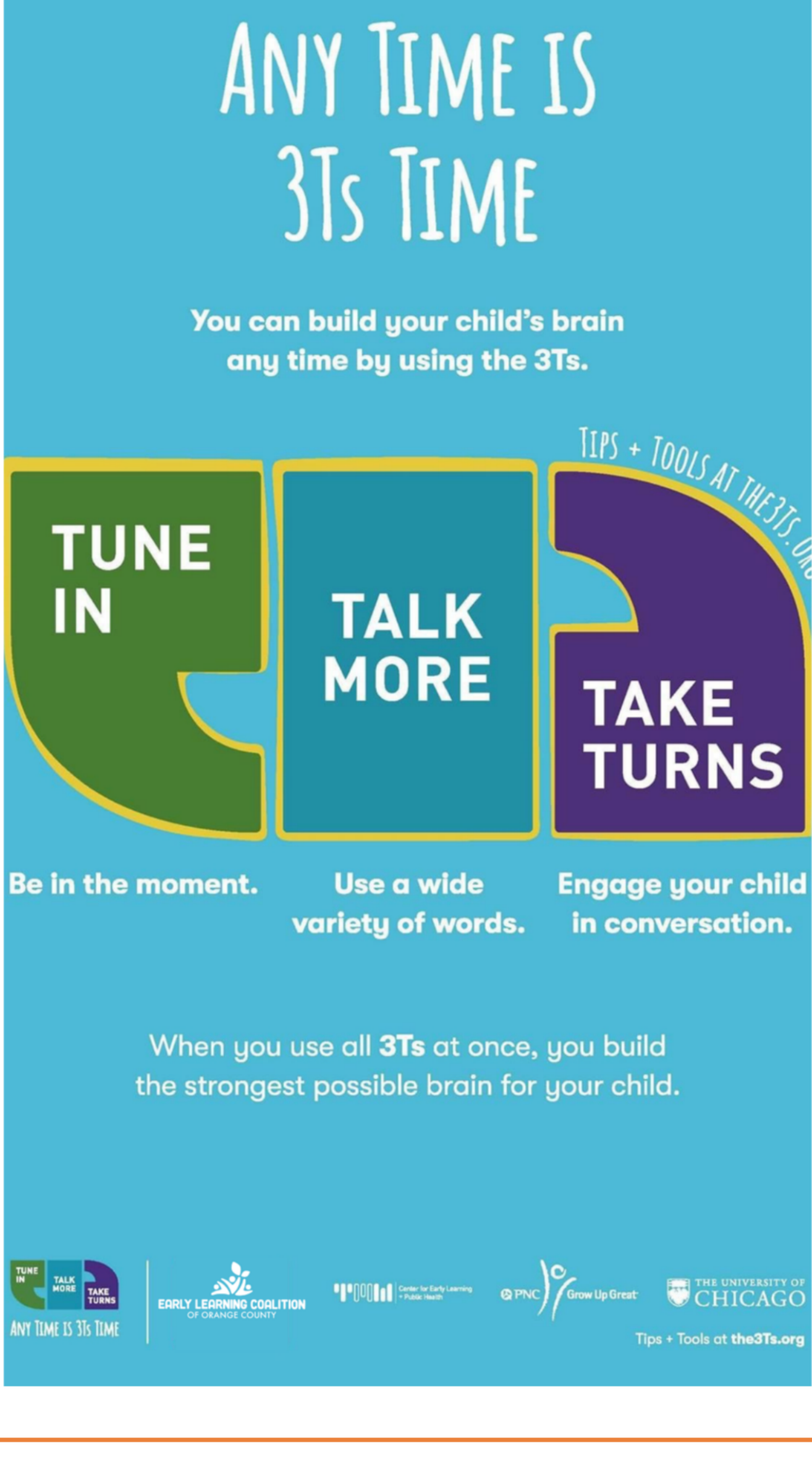
- getting outside and being active together with your child,
- taking a few minutes for quiet time like meditation or reading,
- sticking to routines as much as possible, and
- limiting screen time.

We know these strategies may not solve all mental health needs, so panelists also shared resources for caregivers seeking additional help, like the 211 resource hotline and Orange Blossom Family Health clinic that offers services for families in the county.

Link to 211 HFUW Hotline: <https://www.hfuw.org/gethelp/>
Link to Orange Blossom Family Health Clinic: <https://obfh.org/>

Families looking for more ways to engage with their child can also sign up for the 3Ts program where you will get tips on how to support healthy early child development. 3Ts is part of PNC Bank's (a *K-Ready* Alliance Champion) Grow Up Great program.

For more info: <https://the3ts.org/get-started>



JOIN US FOR OUR NEXT TOWN HALL

March 8th, 6:00 p.m.

At the next in our series of town halls about the importance of the first 2000 days of a child's life, we will be talking about the **Impact of COVID-19 on Women**. We hope you can join the event host, Tanisha Nunn Gary, President of the African-American Chamber of Commerce of CF and moderator, Vanessa Echols from WFTV for this important conversation.

[Register Here](#)



The Impact of COVID-19 on Women
In this town hall participants will learn about how COVID-19 has disproportionately impacted women, especially working mothers. Hear from speakers about what employers can do to support working moms, how access to quality child care is essential to women's ability to work, and how this issue impacts our community's overall economic health.



RSVP here to receive a Zoom link: ready.eventbrite.com Also available on [Facebook Live](#)

BECOME AN ADVOCATE FOR OUR CHILDREN

The Children's Movement's 2021 Legislative Agenda, which aligns with the K-Ready priorities, are outlined below and can be accessed [here](#).

Legislative session 2021 starts March 2 and continues until April 30, so write your legislators now to let them know what matters to you and to K-Ready!



The Children's Movement of Florida insists on a strong start for all our children. We know young children need these basics to thrive: supportive parents and caregivers, stimulating early learning environments, and good health care—including early identification and intervention for developmental delays and disabilities. Our legislative priorities for 2021 also reflect a growing appreciation that if we want young children to thrive, we must address the needs of the adults who care for them, too. The pandemic economy underscores how important it is to support parents if we want to promote equity and maximize early investments.

- EARLY LEARNING**
 - Adequately fund Florida's VPK and School Readiness programs so that high-quality early learning is affordable for Florida families.
 - Strengthen VPK standards that lead to real quality, valuing positive teacher-child interactions and social-emotional growth alongside early literacy development.
 - Minimize learning loss by ensuring pandemic recovery funds for child care are allocated equitably and targeted to the needs of families across the state.
- HEALTH CARE**
 - Get mothers and babies off to a strong start by ensuring prenatal health care for all, extending maternal Medicaid coverage for 12 months postpartum.
 - Increase health care access for children by streamlining KidCare enrollment and increasing outreach efforts.
- PARENT SUPPORT**
 - Ensure access to information and resources about developmental milestones and high-quality early learning opportunities.
 - Help families be financially independent with policies that do not trigger abrupt cuts in child care and family benefits when parents get a raise. We want people to make more money knowing they won't suffer a net loss of income due to benefit loss.



DONATE CLEAR MASKS FOR TEACHERS

Join 100 Women Strong and the MaskandSmile Coalition of Orange County and donate to the **#MaskandSmile fund** to provide clear masks to early learning providers to promote safe and healthy socio-emotional development!



Babies learn how to express emotions and communicate through relationships. Help early care and education providers show their smiles and be safe with clear masks by supporting the Early Learning Coalition of Orange County's #MaskandSmile Fund.

100 SHARES A SMILE
\$75 MAKES A CLASSROOM SMILE
\$500 MAKES A CENTER SMILE
\$1000 MAKES TWO CENTERS SMILE
\$3000 MAKES 5 CENTERS SMILE
\$5000 MAKES A NEIGHBORHOOD SMILE

To donate and help spread more smiles, visit www.elcoco.org/donate and note that your donation is for #MaskandSmile

100 WOMEN STRONG
CENTRAL FLORIDA FOUNDATION
partnered with
EARLY LEARNING COALITION OF ORANGE COUNTY

[Donate to #MaskandSmile](#)

Join the K-Ready Alliance to stay informed, get involved, and be a part of the movement to become a *K-Ready Community*!

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