



# FAMILY RESOURCES

Children's Health Caucus Meeting  
August 12, 2020

Addressing the mental health needs of infants and young children during the pandemic and Racial unrest

## FIELD EXPERTS

### Heather Higgins Alderman

President, Illinois Children's Healthcare Foundation

### Allison Lowe-Fotos, MSW, LCSW, I/ECMH-C

Policy Manager, Illinois Policy, Ounce of Prevention Fund

### Rosa Ortiz, M.Ed

Early Childhood Mental Health Consultant, Illinois Action for Children

### Jennie Pinkwater, MNM

Executive Director, Illinois Chapter, American Academy of Pediatrics

## NEW STATEWIDE DATA ON CHILD HEALTH

Illinois Kids Count Report, Spring 2020

Voices for Illinois Children

This toolkit provides resources for parents and caregivers of children to help them navigate the changing information, recommendations and limitations to our normal routines and activities during these unprecedented times.

## COVID-19

- [New Study Finds Well-Being of Families Deteriorates During COVID-19 Stress](#)
- [Stressors, disruptions and mental health issues COVID-19 has caused families](#) – NBC 5
- [A Guide to COVID-19 and Early Childhood Development](#) – The Center on the Developing Child at Harvard
- [Tips for Families During Coronavirus](#) – Zero to Three
- [ABC's of COVID-19](#) – Sesame Street/CNN
- [Coping with COVID-19: A "For-Now" Normal](#) – Sesame Street

## BEHAVIORAL HEALTH

- [Emotional Well-Being Toolkit](#) – IL Pyramid Model Team
- Erikson Institute is offering virtual mental health services for parents/caregivers of young children regardless of their ability to pay. Visit [www.Erikson.edu/ccf](http://www.Erikson.edu/ccf) or call 312-709-0508 (English) or 312-934-6446 (Spanish)
- [Supporting Children During Coronavirus](#) – National Child Traumatic Stress Network
- [www.neurosequential.com](http://www.neurosequential.com)

## BACK TO SCHOOL

- [Pediatricians Discuss Back To School Safety](#) – ABC 7 News
- [Tips for Partnering With Teachers- How to set up effective lines of communication](#)– Child Mind Institute
- [Medical Review Panel Will Determine Whether School Districts are Opening Safely](#)– ICAAP/IEA
- [#VAXtoSchool](#) – IDPH/ ICAAP

## RACISIM & VIOLENCE

- [How to Talk to Your Children About Protests & Racism](#) – CNN
- [Using Your Power as a Parent to Support Children Aged Two to Five](#) – Zero to Three
- [Resources, Insights and Knowledge](#) – Embrace Race