



Play

is the way children work through feelings they can't yet make sense of, what is scary and fearful.

What do children need in difficult times? Play!

fairydust
teaching

KIDZCOMMUNITY WEEKLY UPDATES & ACTIVITIES

The teachers and staff are keeping the KidZCommunity children and families in our thoughts during these unpredictable and discombobulated times. For now, we are all trying to navigate and create a way to stay connected as we make our home a safe and calming space to work and live. This is a time to take a break from our normal, usual, everyday routine to slow down, and really focus on what's important...your beautiful children and family. Research shows that just being in the presence of a compassionate, safe adult can help kids calm down. As families, we can be "that person" for each other.

Again, in this week's information packet, we have included many activities and information for families. As you navigate through the activities, please keep in mind our Early Head Start and Home Based curriculum, the 3R's...Respectful, Responsive and Relationships. This curriculum is all about really SEEING, NOTICING and ENGAGING with the children. This is a good time to watch your children as they interact, play and discover their world. In our Head Start Preschool classrooms, we use the High Scope Curriculum which is focused on Active Learning and following the children's lead. Children's PLAY is how they learn and work through their feelings; so, take this time to offer fun and playful experiences and share in their JOY as they learn and explore new things.

We are here to support you and it's important for you to know that you'll never walk alone...we are a KidZCommunity family!





Weekly Covid-19 Update

Date: 03/30/20

Dear Parent/Guardian,

Board of Directors

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There are 57 confirmed cases of Covid-19 in Placer County.

There are 18 confirmed cases of Covid-19 in Nevada County.

Cases of Covid-19 are increasing rapidly across the United States. The United States is currently in the acceleration phase of this pandemic, in which the peak of cases occur. The duration of this phase is still unknown. Although this was expected, it is still unsettling to watch. The best thing that you and your family can do is to stay home.

If you have coronavirus symptoms and think you need testing, contact your healthcare provider. Local health departments and healthcare providers determine who needs testing and hospitalization on a case-by-case basis.

Many people are able to recover from COVID-19 at home.

Seek treatment by calling your doctor for a phone evaluation if:

- You have difficulty breathing (shortness of breath)
- You feel like symptoms (such as fever and cough) are getting worse rapidly
- You are unable to care for symptoms at home

We are all in this together.

Sincerely,

Blaire Philbert, RN
KidZCommunity Nurse
530-886-4110

Supporting Kids During the COVID-19 Crisis

Tips for nurturing and protecting children at home

Rae Jacobson

Here are tips from the Child Mind Institute's clinicians to help calm fears, manage stress and keep the peace.



Keep routines in place

The experts all agree that setting and sticking to a regular schedule is key, even when you're all at home all day. Kids should get up, eat and go to bed at their normal times. Consistency and structure are calming during times of stress.

It may help to print out a schedule and go over it as a family each morning. Setting a timer will help kids know when activities are about to begin or end. Having regular reminders will help head off meltdowns when it's [time to transition](#) from one thing to the next.

Be creative about new activities — and exercise

Incorporate new activities into your routine, like doing a puzzle or having family game time in the evening.

Manage your own anxiety

It's completely understandable to be anxious right now (how could we not be?) but [how we manage that anxiety](#) has a big impact on our kids. Keeping your worries in check will help your whole family navigate this uncertain situation as easily as possible.

For those moments when you do catch yourself feeling anxious, try to avoid talking about your concerns within earshot of children. If you're feeling overwhelmed, step

away and take a break. That could look like taking a shower or going outside or into another room and taking a few deep breaths.

Limit consumption of news

Staying informed is important, but it's a good idea to limit consumption of news and social media that has the potential to feed your anxiety, and that of your kids. Turn the TV off and mute or unfollow friends or co-workers who are prone to sharing panic-inducing posts.

Stay in touch virtually

Keep your support network strong, even when you're only able to call or text friends and family. Socializing plays an important role in regulating your mood and helping you stay grounded. And the same is true for your children.

Technology can also help younger kids feel closer to relatives or friends they can't see at the moment. My parents video chat with their granddaughter every night and read her a (digital) bedtime story. It's not perfect, but it helps us all feel closer and less stressed.



Make plans

In the face of events that are scary and largely out of our control, it's important to be proactive about what you *can* control. Making plans helps you visualize the near future. How can your kids have virtual play dates? What can your family do that would be fun outside? What are favorite foods you can cook during this time? Make lists that kids can add to. Seeing you problem solve in response to this crisis can be instructive and reassuring for kids.

Keep it positive

Though adults are feeling apprehensive, to most children the words "School's closed" are cause for celebration. "My kid was thrilled when he found out school would be closing," says Rachel Busman, PsyD, a clinical psychologist at the Child Mind Institute. Parents, she says, should validate that feeling of excitement and use it as a springboard to help kids stay calm and happy.

Let kids know that you're glad they're excited, but make sure they understand that though it may *feel* like vacations they've had in the past, things will be different this

time. For example, Dr. Busman suggests, “It’s so cool to have everyone home together. We’re going to have good time! Remember, though, we’ll still be doing work and sticking to a regular schedule.”

Keep kids in the loop — but keep it simple

“Talking to children in a clear, reasonable way about what’s going on is the best way to help them understand,” says Dr. Busman. “But remember kids don’t need to know every little thing.” Unless kids ask specifically, there’s no reason to volunteer information that might worry them.

For example, our two-year-old daughter Alice is used to seeing her grandparents regularly, but right now we’re keeping our distance to make sure everyone stays safe. When she asks about them we say: “We won’t see Grandma and Grandpa this week but we will see them soon!” We *don’t* say: “We’re staying away from Grandma and Grandpa because we could get them sick.” Older kids can handle — and expect — more detail, but you should still be thoughtful about what kinds of information you share with them.

Check in with little kids

Young children may be oblivious to the facts of the situation, but they may still feel unsettled by the changes in routine, or pick up on the fact that people around them are worried and upset. Plan to check in with younger children periodically and give them the chance to process any worries they may be having. **Children who are tantruming more than usual, being defiant or acting out may actually be feeling anxious.** Pick a calm, undistracted time and gently ask how they’re feeling and make sure to respond to **outbursts** in a calm, consistent, comforting way.



Sometimes the path of least resistance is the right path

Remember to be reasonable and kind to yourself. We all want to be our best parenting selves as much as we can, but sometimes that best self is the one that says, “Go for it,” when a kid asks for more time on the iPad.

Accept and ask for help

If you have a partner at home, agree that you’ll trade off when it comes to childcare. Especially if one or both of you are working from home and have younger children. That way everyone gets a break and some breathing room.

“Be creative and be flexible,” says Dr. Busman, “and try not to be hard on yourself. You have to find a balance that works for your family. The goal should be to stay sane and stay safe.”

ORAL HEALTH

Tips for Families from the National Center on Early Childhood Health and Wellness

You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

Why Is It Important?

When Children Have a Healthy Mouth, They:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

Having a Healthy Mouth Also Means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family



Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea-size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products,

whole-grain products, meat, fish, chicken, eggs, and beans.

- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your child care, Early Head Start, or Head Start program know if you need help or have questions about oral health.



ADMINISTRATION FOR
CHILDREN & FAMILIES



NATIONAL CENTER ON
Early Childhood Health and Wellness



**BRUSH YOUR
CHILD'S
TEETH TWICE
A DAY**



**DO IT FOR 2
MINUTES**

**USE A PEA-
SIZED
AMOUNT OF
TOOTHPASTE**



Tortilla Tastys: By Doborah Lynn, KidZCommunity Nutrition Coordinator

Ingredients:

- Street style tortillas
- Shredded meat
- Shredded cheese
- Chopped/shredded: vegetables, carrots, radishes, cabbage, cucumber, cilantro, onions, lettuces etc.
- Sour cream
- Parchment paper

Preheat oven 405°F, place parchment on a cookie sheet, place 6-8 tortillas, layer with meat and cheese and cook for 8 min in oven, if you want them crispier then cook longer in 2 min increments.

Enjoy as everyone builds their own tasty tortilla bites.

- There are lots of options for these, may be made with nut butter if there are no nut allergies and fruit. There are many different ways to enjoy tortillas, be creative!



Fitness Tip for the Week: By Deborah Lynn, KidZCommunity Nutrition Coordinator

- Get outside as much as possible
- We all need fresh air:
 - Take deep breaths in through your nose and out through your nose or mouth
- Be aware of social distancing, 6 feet circumference is quite a lot of space
- Parks are still open for a nice walk
- Get those paper airplanes out and see if they fly!
- Warrior Pose is our pose of the week.
 - Make sure you do both sides
 - Start with right foot in front and left foot in back
 - Right knee is bent and make sure your right knee is not past your toes, keep it over the bow on your shoe
 - Left leg is straight and your left toes should be pointing at an angle slightly towards your right foot, heel is down
 - Arms are straight out from your shoulders and your shoulder blades should point straight down, right arm should be pointing in the direction of your right foot and your left arm is pointing in a straight line straight back
 - Look at your right hand and pull your tummy in while relaxing your chest

Bubble Paint-

- A few drops of dish soap
- Water
- Food coloring



Older preschool aged children can blow out through a straw to create bubbles. Pat the bubbles with paper to see beautiful bubble prints. (Practice with children to blow out of a straw before they put straw in soapy paint.)

Frozen paint-

- Using any container or ice cube tray
- Food coloring
- Water

Fill container with food coloring and water. Let freeze overnight. Now you have paint pops.





http://premeditatedleftovers.com/naturally-frugal-mom/how-to-make-watercolor-paints-from-flower-petals/#_a5y_p=5058065

Supplies Needed:

2-3 Tbsp. hot water for each color

1/2 cup flower petals for each color containers

Directions:

Pull flower petals off stems and separate colors.

For 4 colors heat 1 cup of water in microwave to hot but not boiling.

In a blender, or small food processor process flowers with a teaspoon or two of water to break down and help leach out colors.

Add flowers to container-at least 1/4 to a 1/2 cup per color.

Pour water over flowers(we used small jelly mason jars like [these](#)) and let sit for several hours to cool and steep.

Drain petals through a sieve or cheesecloth.



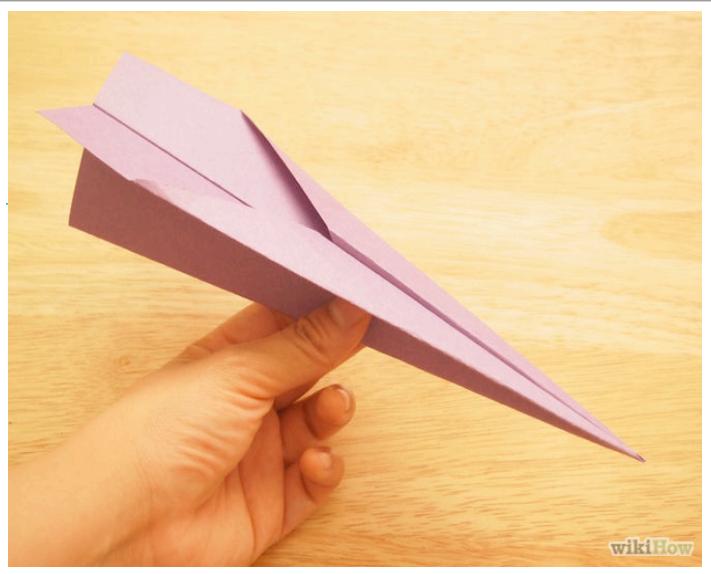
Paper Airplanes

Materials

- Paper 8.5 in x 11 in
- Paper clip

Activity Description

- Use 8.5x11-inch paper with no cuts, tears or holes in it.
- Fold down the middle and then unfold, to create a crease.
- Now fold each corner towards the crease line as shown.
- Fold along the crease line to form the body of the airplane. Then fold the wings down, one at a time.
- Finally, unfold the wings to produce your paper airplane.
- All the paper airplanes can be adjusted to fly better. One of the simplest things to do this is to add an adjustable weight, in the form of a paper clip.
- If the plane climbs sharply then slows and drops (and repeats), move the paper clip forward. If the plane dives sharply to the ground, move the paper clip backwards.



Science Content

- Aerodynamics or motion of air is when it interacts with a solid object, such as an airplane wing.

Mathematics Content

- Geometry concerns with questions of shape, size, relative position of figures and the properties of space.
- Arithmetic is involved; specifically the areas of math having to do with numbers and calculating.

Technology Content

- Paper used to make the airplane.
- Paper clips used to balance the airplane in motion.
- The design applied on each airplane to produce specific ways to fly.

Engineering Content

- The design to build each airplane is our engineering.

Comments and Questions to Support Inquiry

- Which plane flew further?
- How far did the plane fly?
- How does the airplane fly?

Scavenger Treasure Hunts

Keep children busy for hours

Treasure hunts can be a workout for the brain with clues that require some thinking such as rhyming clues and riddles. Scavenger hunts for preschool aged children can be created with pictures that you draw or print out from the computer.

Indoor Scavenger Hunt

-  A PUZZLE PIECE
-  A CANDY WRAPPER
-  A TOOTHBRUSH
-  UNDERWEAR
-  A LEGO
-  A RANDOM SOCK
-  A PRETZEL
-  A GOLDFISH
-  MONEY



A PUZZLE PIECE

A CANDY WRAPPER

A TOOTHBRUSH

UNDERWEAR

A LEGO

A RANDOM SOCK

A PRETZEL

A GOLDFISH

MONEY

sisters
sons

Spring Scavenger Hunt

- | | |
|-----------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Something Round | <input type="checkbox"/> Something that will get bigger |
| <input type="checkbox"/> Something Yellow | <input type="checkbox"/> Something smaller than a dime |
| <input type="checkbox"/> Something Green | <input type="checkbox"/> Something that sounds loud |
| <input type="checkbox"/> Something that smells good | <input type="checkbox"/> Something prickly |
| <input type="checkbox"/> Something that smells bad | <input type="checkbox"/> Something hard |
| <input type="checkbox"/> Something rough | <input type="checkbox"/> Something budding |
| <input type="checkbox"/> Something smooth | <input type="checkbox"/> Something pretty |
| <input type="checkbox"/> Something Square | |



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FREE PRINTABLE

<https://www.thespruce.com/indoor-treasure-hunt-for-children-1695332>

<http://plusuemisphere.ru/blog?plush=cz1nYW1lc2pwdXJuYWx5YW1pbGV0aC55ZXNtaXNzeS5ydSZwPTc2NDE1MjMtZnVuLWdhbWVzLWZvc1raWRzLWluZG9vcnMtc2Nob29scy1zY2F2ZW5nZXItaHVudHMtMjktaWRIYXMtaW5uNy5odG1sJmk9Nw==>