



Helpful Information for Parents:

STAY HEALTHY:

During the Coronavirus (COVID-19) outbreak, it is important to keep you and your family safe. Listed below are 6 tips from The Center of Disease Control (CDC) to help you protect yourself and your children from the disease:

1. Clean your hands often

Wash your hands often with soap and water for 20 seconds, after being in a public place, blowing your nose, coughing, or sneezing. If no soap/water, use hand sanitizer that contain at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.

2. Avoid close contact

Avoid close contact with sick people. Put distance between yourself and other people.

3. Stay home if you're sick

People who are mildly sick with COVID-19 can isolate at home during their illness. Wear a facemask. Restrict activities outside your home, except for getting medical care.

4. Cover coughs and sneezes

Cover your mouth and nose with a tissue when you cough, sneeze, or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water or use hand sanitizer, view #1.

5. Clean and disinfect

Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. Launder items include washable plush toys, if possible on the warmest temperature and dry items completely. Dirty items from an ill person can be washed with other people's items.

CONTACTS:

Listed below are some contacts that may be useful:

Questions about Child Care, please contact us (Mississippi Department of Human Services) by phone at 800-877-7882, Monday – Friday: 8:00 AM to 5:00 PM. You can also view the State Early Childhood Advisory Council of Mississippi (SECAC) website: <https://secac.ms.gov/> for updates about the Child Care Payment Program and COVID-19.

The Center of Disease Control (CDC):

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Home Hazards to avoid from U.S.

Consumer Product Safety

Commission: https://cpsc.gov/s3fs-public/Home_Safe_with_YoungChildren.pdf?lv.TC770n54dd3N.Ic1dZ1aZoXkpVXWQ

Home Safe with Young Children

Quarantining with young children at home can be challenging. Check off these simple safety steps.

- Baby Safety:** I always place my baby to sleep on his/her back to sleep in a crib, bassinet or play yard that meets current standards with a fitted sheet only. Bare is Best!
- Inclined Sleepers:** I am following CPSC's recommendation to stop using inclined sleepers. I have checked www.cpsc.gov/cribs for inclined sleeper recalls.
- Anchor It:** My furniture is anchored to the wall to prevent injuries or death from tipping TVs, dressers, bookcases and other furniture/appliances.
- Window Coverings:** I have replaced corded window coverings with cordless blinds. If I cannot replace window coverings, I am making sure all window cords are secured out of the reach of children and eliminating any dangling cords.
- Magnets:** I have stored high-powered magnet sets away from children. Swallowed magnets can stick together across intestines causing serious lifelong health effects or death.
- Drowning Prevention:** I never leave young children alone, even for a moment, near any water. That includes bathtubs, bath seats, buckets, decorative ponds or fountains. I have installed multiple layers of protection to prevent pool/spa drownings, including: minimum four-foot fence around entire perimeter of the pool; pool/spa cover; door and pool alarms; and self-latching, self-closing gates on the fence.
- Laundry and Cleaning Products:** My laundry and cleaning products are stored in their original containers, locked up and away from children.

Have you been laid off due to COVID-19? Please contact Mississippi Department of Employment Security at: <https://mdes.ms.gov/unemployment-claims/covid19/update-more-ways-to-file-your-covid-19-claims/> or call 888-844-3577.

FUN:

Listed below are some fun activities to keep your child active and learning:

Keep your child active

GoNoodle. This is screen time, but a fun free website for kids to dance along to some songs and move their body with different games.

Like the above website, Gundersen Health shares various ways to help your child stay active during quarantine:

<https://www.gundersenhealth.org/health-wellness/be-well/activities-for-kids-during-quarantine/>

Learning Activities

Scholastic has provided three weeks of fun learning activities listed by grade level:

<https://classroommagazines.scholastic.com/support/learnathome.html>

Springtime, Craft Time:



Image Source: Simple As That Blog

Bunny, Chic, and Carrot Cups how to instructions can be found at:

<https://simpleasthatblog.com/simple-easter-treat-cups/>

These cups can be filled with the following healthy snacks:

- Whole Wheat Crackers
- Sweet Peppers
- Dried Fruit
- Applesauce
- Yogurt
- Thin Pretzels
- Granola
- Coconut
- Cut up Cucumber
- String Cheese
- Watermelon
- Multi-grain Cereal
- Snap Peas
- 100% Fruit Juice



SNACK IDEAS:



Image Source: Kitchen Fun with My 3 Sons

Bunny Fruit Snack

Kitchen Fun with My 3 Sons shares a cute idea for making this cute Bunny Apple Snack at:

<https://kitchenfunwithmy3sons.com/easter-bunny-apple-fruit-snack/> or you may view instructions below.

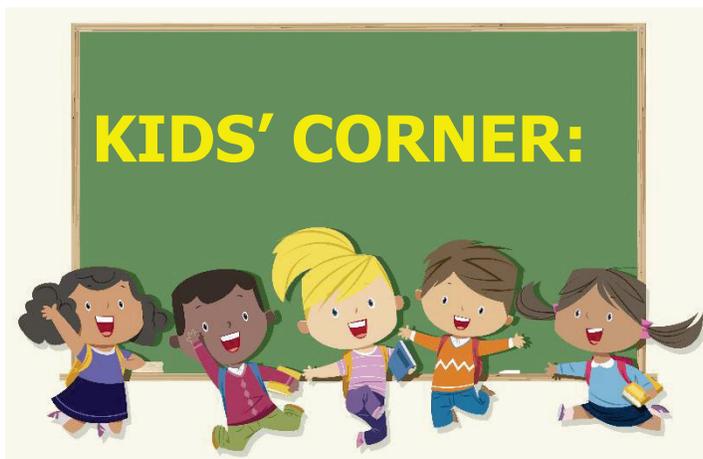
Ingredients for Providers:

- 1 Large Green Apple
- Edible Eyes or cut a Marshmallow Bit in half and place one Raisin on top of each bit (use Nutella to hold the raisins in place)
- 1 Jelly Bean
- Nutella
- 2 Marshmallow Bits
- Edible Grass or cut Small Peeling from Apples
- 2 Toothpicks

(Please adjust apples and other ingredients to the number of kids in your class.)

Instructions:

- Start by cutting off the front of the apple using a knife.
- Take that cut off piece and cut it in half.
- Shape around the corners to shape ears.
- Poke them in using a toothpick on the top for ears.
- Spoon just a little Nutella in a baggie and snip off the corner of the baggie.
- Attach on the eyes and jelly bean nose with the Nutella from the baggie. Also, make the mouth with Nutella.
- Press on two marshmallow bits for the teeth.
- Cut off 6 pieces of edible grass for the whiskers, three for each side of the face. Nutella will hold these on.



ARTS/CRAFTS:

A Bunny Card craft will be a great activity:



Image Source: The Best Ideas for Kids

Bunny Card Craft

The Best Ideas for Kids shares this cute Bunny Card Craft at <https://www.thebestideasforkids.com/bunny-craft/>, or you may view instructions below. Located at top right corner is a bunny template.

Materials:

- White Card Stock
- Colored Card Stock - yellow, pink, and blue
- Medium-sized googly eyes
- Pom Poms for the nose - yellow, pink and blue
- Cotton Balls
- Pipe Cleaner - yellow, pink, and blue
- Glue – please use extra strong non-toxic glue
- Bunny Template is above on right. View the link for a printable copy along with an instructional video.

Instructions:

- Print out the bunny template (you may freehand shapes). Cut out the template.
- For the bunny face, fold your white cardstock in half and then trace the face part of the template so that the card will open up.
- Trace and cut out the ear templates. Draw around white cardstock for the outer ear and colored cardstock (yellow, pink and blue) for the inner ear. Glue the inner ear to the outer ear template. Glue these ears to the back of the card.
- Add some glue around the outer ear and the face. Start adding your cotton balls. Continue cotton balls until the face is full. Glue on eyes.
- Twist three pipe cleaners around each other and glue down for the whiskers. Glue the pom-poms on top of whiskers for the nose.
- Make the mouth by folding over a pipe cleaner into the shape of the mouth. Please glue mouth just below the nose. Now you are ready to sign the card.