

Views from VanDeWalle

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Resources for Parents & Childcare Providers

The Learning Child team with Nebraska Extension provides affordable, research-based, educational programs, and resources. Information in each program is based on research from faculty right here at the University of Nebraska-Lincoln. The goal is to empower all adults who care for young children by providing high-quality professional development that sets the stage for lifelong learning, discovery, and success. The Learning Child (TLC) is here to help take what is learned from professional development and research and put it into practice.

Communities caring for children and youth want answers regarding what to do before, during, and after an emergency event, disaster, or crisis. It is important to remember that all children and youth react differently to major changes in their lives. The Learning Child team has various resources that may be of help to adults and the families, children, and youth in the community.

Nebraska Extension's Learning Child and 4-H Youth Development teams have developed a one page handout listing all of the resources. This handout is electronically accessible and printable. It is available in English and Spanish. To access the handouts please visit the BOX link below and share it with those you feel may benefit.

unl.box.com/v/2020ChildrenYouthSD

Here are a few more resources that may be of help:

Helping Children Cope – Suggestions and Strategies

The most important way to support children and youth is to talk, comfort, and reassure them they are loved and supported regarding their experiences. Using children's literature in an interactive way, caregivers can help children heal. The Learning Child team has identified books to support children's coping and understanding of their feelings after experiencing a major stressor, disaster, loss, and/or grief. Free storybook reading guides accompany the books. The guides provide adults with suggested activities and probing questions to help children personally connect with the experiences of the characters in the books. <https://child.unl.edu/read4resilience>

Parents and educators are in the best position to help children and youth cope. Nebraska Extension's Learning Child in collaboration with 4-H Youth Development have developed a simple one-page handout that is electronically accessible and printable with online videos, classes, and activities for young children (birth to age eight) and school-age children. *This website has resources to support children's coping and understanding of their feelings. It is common for children and youth to experience grief, frustration, anger, and a lost sense of security after experiencing a major change, loss, or grief.* child.unl.edu/helping-children-cope

Online Professional Development – Childcare Providers

The Learning Child team provides automatically approved in-service hours with research-based information from the University of Nebraska – Lincoln, Nebraska Extension. Online offerings provide information and strategies on how to support the early growth and development of young children. child.unl.edu/pd

A Beautiful Day – Virtual early childhood space

A Beautiful Day is a virtual early childhood space designed to connect with children and families in Nebraska and across the world. UNL faculty and collaborators created this space as a way to share ideas, to foster learning and play, and to support caregivers experiencing physical distancing. The team is creating and adding more videos on a regular basis. This space is a safe video based platform with no ads, to share ideas, foster learning and play, and to support all adults caring for children who are experiencing physical distancing.

Inspiration for A Beautiful Day came from Fred Rogers who said, “Look for the helpers. You will always find people who are helping.” *This project involves the following collaborators: Child, Youth and Families Studies, Ruth Staples Child Development Laboratory, College of Education and Human Sciences, Nebraska Extension, and the Buffett Early Childhood Institute.*

cehs.unl.edu/abeautifulday

Stay Connected as a Family – Celebrate your strengths!

Strong families have the ability to manage stress and crisis in their lives in positive, creative ways. There are strengths families use to create positive environments, however, to take care of your family and others, you must first take care of yourself. The Nebraska Extension team has compiled resources for family support and mental health for adults and families.

go.unl.edu/family-connection

Readers may contact Lynn DeVries, Learning Child Educator at ldevries6@unl.edu or members of the Learning Child interest group at TLC@unl.edu if they have any questions about these resources.