

Virtual/Distance Strategies for Supporting Children, Families & Staff

Vermont Head Start Association, 2020

Supporting Children

Early Education/Child Development Services

- ★ Continue home visits virtually using FaceTime or the like.
- ★ Partners for a Healthy Baby curriculum has developed guidance sheets that are easy to text to families.
- ★ Create a social story for each of your children at home
- ★ Create bags of activities for delivery to homes
- ★ Ready Rosie – send playlists to families of activities that they can do with their children
- ★ Post family activities daily on a Facebook page
- ★ Set up private Facebook pages for each classroom, posting engaging activities that parents can do with their children and videos of teachers reading stories and facilitating music, movement and other activities. Families post comments and videos about how much they and their children love this!
- ★ Post an electronic file of a School to Home curriculum on Google Docs so that all teachers have access and can select activities to share with families.
- ★ Coordinate with special education services providers to send home activities supportive of a child's goals. Follow-up with families weekly.
- ★ Work on developing children's individual goals based on recent TSG Checkpoints
- ★ Facilitate stories, lessons and activities on a private Facebook page that encourage parent-child engagement.
- ★ VT Universal Pre-K Café – contains lists of school readiness activities for families to do with materials they would have around the house and explains the Vermont Early Learning Standards
- ★ Record reading a story and post on Facebook page
- ★ Record a five-minute circle time activity and post on the classroom's Remind App
- ★ Use the Facebook page to post daily videos that provide literacy, math, health, nutrition, movement, arts and science activities. Focus on a different children's book each week as a theme for the week's activities. For example
 - Mondays = Literacy; teacher reads the book, discusses it, explains new vocabulary words and share discussion questions for parents to use with their child after they watch the video.
 - Tuesdays = Math; activities provided by teachers.
 - Wednesday = Nutrition, health or movement activity provided by teachers
 - Thursday = Science; activities provided by teachers
 - Friday = Creative Arts; activities provided by teachers
- ★ Create a Facebook group where resources and daily units and/or activities are posted. Be sure to also share information about how to access the group with parents/caregivers.
- ★ Choose a new book each week and email parents with a daily lesson plan and activities that support each child's individualized learning plan.
- ★ Use phone calls or Zoom meetings to stay in contact with children
- ★ Stay in contact with families by phone and text

Supporting Families

Early Education/Child Development Services

★ ESSENTIAL CHILDCARE

- Create a spreadsheet of Essential Workers, including their children's names and their days and hours of work with the workplace. Contact families to determine if Childcare is a need. Make a list and prioritize slots, those working at the hospital, those working in healthcare highest priority.
 - Create Staff and Family Handbooks for Procedures: drop off with staggered check-times and outdoors, staffing schedules, meals, cleaning and sanitizing, laundry, daily health checks for staff and children.
 - Connect with LEA for breakfast and lunch delivery on bus routes for childcare meals for ages 2 and up
 - Continue to provide diapers and wipes as long as in stock
- ★ Check-in with families at least twice a week by phone or text – see how they are doing, offer suggestions for activities
- ★ [Parenting in the time of COVID-19](#)

Family Services

- ★ Conduct weekly check-ins with families to help connect to housing, food and other community resources.
- ★ Deliver formula, diapers and baby food.
- ★ Use an organizational Family Assistance Fund to help with emergency needs.
- ★ Support parents to create a schedule for home routines
- ★ Participate in Monday Morning Coffee to support parents' in-home learning activities
- ★ Virtual Parent Meetings
- ★ Post resources for families, including locations and contact information where families can access food and meals being provided by school districts.
- ★ Continue offering mental health consultation services via Zoom and/or phone.
- ★ Deliver books and other socially-emotionally supportive materials to homes/childcare partners still operating.
- ★ Reach out to parents/caregivers with information and updates via text and/or phone.
- ★ Make phone contact with high-needs families to 'take a pulse' on mental health and supports needed.
- ★ Schedule and send out Ready Rosie watchlists to parents.
- ★ Post family activities on a Facebook page daily.
- ★ Use Facebook groups to send out community resources or other announcements to families.
- ★ Explore resources such as diaper banks, food deliveries, free internet services, etc. and make calls to verify their validity before sharing opportunities with families.
- ★ Hold monthly Policy Council meetings via Zoom

Food/Nutrition Services

- ★ Post a healthy recipe for families on Facebook
- ★ Develop a 6-week menu with recipes with cultural sensitivity
- ★ Communicate health and food resources and information via Facebook and website

Supporting Staff

Early Education/Child Development Services

- ★ Curriculum plan at home. Gather together any resources and take advantage of the extra time to review the Creative Curriculum daily resources.
- ★ Make activities/props to support future learning
- ★ Have a team meeting with your teaching team via conference call or other remote method
- ★ Collect child observations from parents and enter them into TSG
- ★ Use the TSG SandBox to practice creating daily lesson plans
- ★ Visit the TSG Teach Tab and generate a list of activities to inform future curriculum and to share with families
- ★ Connect with other service providers around plans for support for children
- ★ Web-based trainings to learn about remote learning to support our families and children
- ★ T/TA Network virtual training
- ★ Accessing the Relias and ECLKC websites for trainings to enhance professional development
- ★ Teaching staff meet weekly by Zoom.

Family Services

- ★ Connect with other service providers around plans for support for families
- ★ Convert to electronic forms so families can quickly and easily complete applications and home visiting documentation.

Health

- ★ [COVID-19 Resources for the Early Childhood Community](#)
- ★ [NAFSCE's Response to the COVID-19 Pandemic](#)
- ★ [Coronavirus Prevention and Response](#)
- ★ Working with partners to support health and safety needs at their centers
- ★ Work on pandemic documentation for emergency plan
- ★ Ensuring that meals are provided for Essential Childcare
- ★ Tracking illness of all staff and children of essential workers in childcare
- ★ Developing procedures related to COVID-19.

Food Service

- ★ Research nutrition project ideas
- ★ Complete CACFP required training

- ★ Research recipes to create new ideas for next year's rotating menu
- ★ Meeting weekly

Data Management

- ★ Add ChildPlus updates and review To Do List
- ★ Teaching Strategies Gold - Visit the Develop Tab and access Free Professional Development videos related to TSG and CC
- ★ Complete tri-annual TSG interrater reliability (found in Develop Tab in TSG).

Program-wide/Administrative/Supervision Support

- ★ Continue to focus on next year's enrollment, collecting applications and other paperwork electronically.
- ★ Complete necessary health paperwork electronically. Participate in meetings via conference call or videoconference as they are offered/scheduled
- ★ Monthly staff meetings via Zoom
- ★ Regular staff meetings for information sharing and support.
- ★ Virtual coaching sessions
- ★ Group coaching sessions based on staff interests and needs.
- ★ Support the collection of in-kind contributions of family learning at home
- ★ Weekly check in with supervisor to discuss your goals for the coming week
- ★ Check in with supervisor for individualized tasks that may need to be completed
- ★ Update professional development plans
- ★ Update Inter-rater Reliability and other trainings in TSGold
- ★ Performance review self-assessments

General Training/Professional Development

- ★ Explore resources and articles in [ECLKC \(Early Childhood Learning and Knowledge Center\)](#)
- ★ Review the [Vermont Child Care Licensing Regulations](#)
- ★ Review the [Head Start Performance Standards](#)
- ★ Complete infant/toddler professional development towards I/T CDA
- ★ Optional Training Opportunity: [Vermont PBS Workshop on Safe and Healthy Ways to use Technology with Preschool Children](#)
- ★ Free webinar from KnowledgeWave: [How to Be an Effective Employee While Working from Home \(dates/times\)](#)
- ★ Update Individual Professional Development Plan and make a list of PD action steps
- ★ Complete CACFP Training through webinars and other resources
- ★ Pyramid Model
- ★ Second Step
- ★ ChildPlus Review

From Northern Lights @ CCV

- ★ Currently approved online trainings (eligible for entry into BFIS accounts) can be found here: <https://northernlightscv.org/training/online-training/> Scroll about halfway down the page to the list of training organizations, and click on each organization for more information and to access their website.
- ★ [Teaching Strategies](#) online trainings have also been approved and will be added to the list on our website shortly. We hope to expand the list of approved online trainings in the coming weeks, but for right now, these are the only approved options for online training in VT.
- ★ Some folks have asked specifically about FREE online trainings, so here are several approved options. **All can be found on the Northern Lights website, listed alphabetically under [Online Training](#).**
- ★ ChildCare Education Institute (CCEI): Preparing for an Influenza Pandemic [1 hour]: <https://www.cceionline.com/course/preparing-for-an-influenza-pandemic/>
- ★ FEMA: Multi-hazard Planning for Childcare (an emergency response training is only required for program licensees, but this will count for any staff member interested in taking it) [2 hours]
- ★ Head Start Early Learning and Knowledge Center's *Homelessness* training: Must complete all 8 modules and submit all 8 certificates together with 1 [cover sheet](#) [4 hours]
- ★ Vermont Mandated Reporter training: Protecting Vermont's Children: Reporting Abuse and Neglect [2.5 hours]
- ★ Vermont Child Welfare Training Partnership offers two free online trainings:
 - Foundations Certificate in Trauma Informed Practice (11 online modules) [25.5 hours]
 - Foundations Certificate in Adoption Competency (4 online modules)
- ★ Vermont PBS Digital: Becoming a Media Mentor (enrollment fee currently waived due to COVID-19) [8 hours]
- ★ Watch Me! Celebrating Milestones and Sharing Concerns – Basic (4 modules) [1 hour]
- ★ Youth Development Institute offers 4 online trainings for free (Certificates from YDI courses must indicate that the individual has earned at least an 80% score to be verified in VT):
 - Age Appropriate Discipline [2 hours]
 - Child Development [1 hour]
 - Overview of Positive Youth Development Approach [1.5 hours]
 - Adolescent Development [1 hour]

Please remember to send in your certificates with a [cover sheet](#) so they can be added to your BFIS account. You can send one cover sheet with multiple certificates, as long as they are all for the same individual.

