

# EARLY HEAD START



## UPDATE

### THE LATEST ON THE CORONAVIRUS

March 25, 2020

The Louisiana Department of Health has updated its website to reflect the latest number of positives and will continue to update its website at noon each day.

#### Case count

As of noon on March 25, the Department reported 407 additional cases of COVID-19, bringing the total to 1,795.

#### Hospitalization

Yesterday, 271 COVID-19 patients were hospitalized. Of those, 94 patients required ventilation.

Currently, 491 COVID-19 patients are hospitalized. Of those, 163 patients require ventilation.

#### Nursing homes

The Department of Health has identified COVID-19 clusters in six nursing homes in the state. A cluster is identified as two or more cases that appear to be connected. With the involvement of hospitals and multiple providers and the growth in cases of nursing home residents, the Department of Health will no longer be reporting where positive cases have been identified. The Department continues to work with nursing homes to minimize the spread of the illness and protect residents and staff.

#### Deaths

The Department now reports a total of 65 deaths.



## WHAT'S GOING ON?

### THE IMPORTANCE OF ROUTINES

The coronavirus has forced us to change how we do things daily. However, we must remember that children thrive with structure. It is imperative that parents and teachers create routines for our children while the centers are closed. Whether kids are waking up in the morning before school, settling down for mealtime, going outside to play or getting ready for bed, they need routines to establish good habits. Routines can give them a sense of organization, stability and comfort.



## PARENT ENGAGEMENT

### 7 SUPER THINGS PARENTS AND CAREGIVERS CAN DO

During the coronavirus pandemic, there are a number of things that parents and caregivers can do to help motivate young children to learn at home. These activities offer parents and caregivers tips on getting children involved in reading and learning.

1. Talk often with your children from the day they are born.
2. Hug them, hold them and respond to their needs and interests.
3. Listen carefully as your children communicate with you.
4. Read aloud to your children every day, even when they are babies. Play and sing with them often.
5. Say "yes" and "I love you" as much as you say "no" and "don't."
6. Ensure a safe, orderly and predictable environment, wherever they are.
7. Set limits on their behavior and discipline them calmly, not harshly.

**FAMILY RESOURCES**

**CONNECTING OUR FAMILIES TO LOCAL RESOURCES**

**GRAB AND GO MEALS**

EHS will continue to provide healthy meals to the children and families we serve. Each family/child enrolled in our program will receive a week's worth of meals, which includes breakfast, lunch and snack in a pre-packaged box every Monday beginning March 23, 2020 through April 13, 2020. Even our infants, will be provided formula, cereal and fruits/vegetables!

Families are asked to pickup their meals at the center on Mondays from 8:30 a.m. until 10:30 a.m. The safety of our children and staff is a priority, therefore, this will be a grab and go process. If you have any questions or concerns, please contact your Center Director.

**FREE INTERNET**

**ATT**

English 1-855-220-5211

Spanish 1-855-220-5225

**COX Connect**

1 Free Month 1-855-222-3252

[www.cox.com/residential/internet/connect2compete.html](http://www.cox.com/residential/internet/connect2compete.html)

**CENTURYLINK**

1-855-954-6546

<https://www.centurylink.com/aboutus/community/community-development/lifeline.html>

**CHARTER COMMUNICATION**

Free 60 days for K-12 students or college

1-844-585-9266

**MENTAL HEALTH SUPPORT**

If you are in need of mental health counseling during this pandemic, please contact your Center Director for additional information. Counselors are available to assist our children and families.



**MENTAL SUPPORT FOR CHILDREN**

**WHEN TALKING TO YOUR CHILDREN ABOUT THE CORONAVIRUS**

- Remain calm and reassuring.
- Make yourself available to listen and to talk.
- Avoid language that might blame others and lead to stigma.
- Pay attention to what children see or hear on television, radio or online.
- Provide information that is honest and accurate.
- Teach children everyday actions to reduce the spread of germs.



**LEARNING CORNER**

**TOGETHER-TIME ACTIVITIES - IN THE BATHROOM**

In the bathroom is a great place for children to learn hygiene and practice using their muscles by brushing their teeth and combing their hair. While they're taking a bath, they can learn math and science concepts, such as sinking and floating, full and empty. Safety tip: Always stay with your children when they're in the bathroom! Put red duct tape on all hot water faucets for safety.

**Use mirrors to name body parts.**

- Make faces in the mirror with your children—move your tongue, make a kiss, wiggle your nose.
- Talk with your children about all of the things they can do with their eyes—blink, stare, wink.

**Look for ways to use different senses in the bathroom.**

- Feel and talk about different textures— soft cotton, hard soap, smooth wall, slippery sink.
- Smell different things—toothpaste, soap.

**Practice helping skills with your children.**

- Encourage your children to wash their hands and face, brush their teeth, and comb their hair.
- Talk about health and hygiene such as why we wash our hands and face, brush our teeth.

**Practice health and safety habits in the bathroom with your children.**

- Let your children practice pouring, washing, wiping up.
- Talk about do's and don'ts such as turning on the cold water first. Tell them what they can touch in the bathroom.

**Talk with your children about how it feels to "grow."**

- Hang a growth chart on a door and keep track of their height and weight. Show them how they are growing.