The Louisiana Department of Health has extended its Emergency Order to align with the Governor’s Executive Order that has been extended to April 30. The LDH extension applies to all previously issued LDH Notices and Orders and shall remain in effect until 11:59 p.m. on April 30, 2020, but may be further extended by subsequent order of the State Health Officer.

The Louisiana Department of Health has updated its website to reflect the latest number of COVID-19 positives and will continue to update its website at noon each day.

As of noon on April 8, the Department reported 746 additional cases since yesterday, bringing the total to 17,030 positive cases. To receive critical guidance about COVID-19, text LACOVID to 67283.

Hospitalization
Today, a total of 1,985 COVID-19 patients are currently hospitalized; of those, 490 patients require ventilation.

Deaths
The Department reports an additional 70 deaths since yesterday, bringing the total to 652 deaths. Deaths are listed on the LDH dashboard by parish under the by parish tab and information by age can be found on the by age tab.

Long-term care facilities
COVID-19 cases have been reported by 93 nursing homes in Louisiana. For context, there are a total of 436 nursing homes and adult residential care facilities in Louisiana. Within nursing homes, 557 patients have been reported to have COVID-19, among nursing home residents 130 deaths have been reported. These facilities care for thousands of Louisianans, including older people and those with underlying medical conditions that put them at higher risk for complications and death from COVID-19.

Counting children in the 2020 census
The 2020 Census helps determine which areas qualify for the critical resources that children and families depend on for the next 10 years - basically an entire childhood! An estimated 5 percent of kids under the age of 5 were missed in the 2010 Census. At about 1 million babies and young children, that’s the largest undercount of any age group. We need your help closing this gap in the 2020 Census. To learn more about how you can be counted, visit https://www.2020census.gov.

Sleep for success
When children do not get enough sleep they are at risk for health, safety, and behavior problems. This often results in school difficulties. Adequate sleep can boost your child’s energy level and enthusiasm. Good quality sleep can help your child learn more easily and reduce behavior problems.

Interesting facts about sleep
- Watching TV before bed can lead to difficulty falling and staying asleep. Save your child’s favorite relaxing activities until right before bedtime. For example, reading together, coloring or drawing. - Research has found that when children sleep less than 10 hours a day they are 86% more likely to experience an injury. - Sleep supports brain development.

How much sleep does my child need?
- Children 3 to 6 years of age need 10 – 12 hours of sleep per day. - Children 7 to 12 years of age need 10 to 11 hours of sleep per day. The #1 tip for good sleeping habits in children is to follow a nightly routine. A bedtime ritual makes it easier for your child to relax, fall asleep and sleep through the night.

How can I help my child get a good night’s sleep?
- Set a regular bedtime and stick to it. - Avoid big meals close to bed time. - Avoid caffeine less than 6 hours before bedtime (this means NO caffeine after school). - Establish a calming bedtime routine. Avoid using television or video games. - Keep the bedroom setting the same all night (for example temperature and lighting). - NO television or radio on in the bedroom while going to sleep.

What would be a good bedtime ritual?
1. Have a light snack. 2. Take a bath. 3. Put on pajamas. 4. Brush teeth. 5. Read a story. 6. Make sure the room is quiet & at a comfortable temperature. 7. Put your child to bed. 8. Say goodnight and leave.
FAMILY RESOURCES

CHILDREN'S RESPONSES TO CRISIS AND TRAGIC EVENTS

Infants, toddlers, preschoolers, and young children who experience a tragic event may show changes in their behaviors. They may also be indirectly affected by a crisis by what they see on the TV or hear. The most important role you can play as a parent in an emergency situation is to stay calm. Children of all ages easily pick up on their parents or other’s fears and anxieties. This may cause changes in behaviors. Children, no matter what their age, do not always have the words to tell you how they are feeling. They may not know how to talk about what has happened. Their behavior can be a better sign. Sudden changes in behavior can mean they have been exposed to trauma or a crisis.

What you might see:
- Problems sleeping, including not wanting to sleep alone, having a hard time at naptime or bedtime, not wanting to sleep or repeatedly waking up, nightmares
- Separation anxiety, including not wanting to be away from you, not wanting to go to school, and crying or complaining when you leave
- Not eating
- Not being able to do things they used to do
- Being scared by new things
- More cranky behaviors
- Being more stubborn than usual

Remember to remain calm and be patient. There are several resources available in our community to support you and your child during this challenging time. Please contact your Center Director for more information.

THANK YOU!

Raising Cane’s has been a long standing partner of EHS and during these unprecedented times, they remain committed to the community and to feeding local residents. We would like to extend our appreciation to Store Manager, Galen Istre and the team at Raising Cane’s located at 100 E. Kaliste Saloom Road, Lafayette, LA for their donation of gift cards. **They are open and ready to serve!** Like many businesses across the country, restaurants have been devastated by the pandemic. Please support Galen and his team by visiting their restaurant!

Each EHS child will enjoy a FREE Kid’s Combo!

Check your Grab and Go Bag for your coupon.

LEARNING CORNER

FAMILY TIME - CELEBRATING THE EASTER HOLIDAY

Still in the Easter spirit and looking for fun activities to enjoy with your family (beyond the obvious egg hunt)? Check out this mix of indoor and outdoor games and activities for kids of all ages.

**Top 3 Easter Activities for Families**

**Egg and Spoon Race.**

Try this good old-fashioned outdoor game after your Easter egg hunt is over! Egg and spoon races date back to the late 1800s. All you need are eggs (hard-boiled are the least messy) and metal or wooden spoons for each participant. Race individually or relay style.

**Jelly Bean Guessing Games.**

Here’s an easy indoor game for all ages! Simply fill a jar with jelly beans and ask each family member to guess how many candies there are. Winner (the closest without going over) takes all! Another jelly bean-themed game involves asking players to guess the correct flavor of fancy jelly beans they taste.

**Read Easter and Spring Children’s Books.**

Gather the kids and curl up with a good book. A great re-read would be *Biscuit’s Pet and Play Easter!*

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