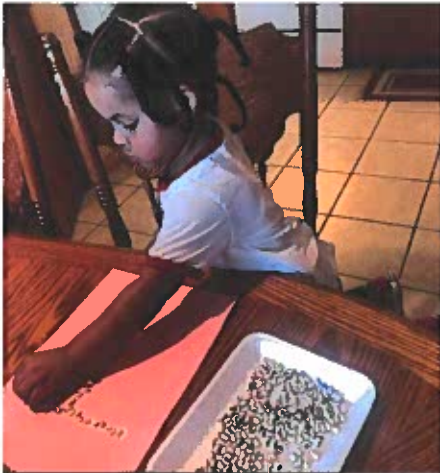


**AT HOME LEARNING**

## OUR KIDS IN ACTION

Learning at home has been a piece of cake for Tyri. See how she has been spending her time during the quarantine.. Great job!



## THE LATEST ON THE CORONAVIRUS

**UPDATE**

### COVID-19 AND MULTI-SYSTEM INFLAMMATORY SYNDROME IN CHILDREN

You may have heard news reports about a possible connection between COVID-19 and a rare, but serious health condition in children called Multi-System Inflammatory Syndrome in Children (MIS-C). The CDC wants to reassure parents that most children are not affected by the coronavirus, and reports of children who become seriously ill remain rare and unusual cases.

#### WHAT WE KNOW

The Centers for Disease Control and Prevention (CDC) has made a connection between COVID-19 and Multi-System Inflammatory Syndrome in Children (MIS-C). While we do not know who is most at risk for this illness, scientists around the world are working hard to understand this syndrome and how best to treat it.

The best thing you can do to protect your child is to call your pediatrician if you have any concerns about your child's health. Pediatricians are open for business and able to care for your children now.

#### SYMPTOMS

MIS-C has been compared to another rare childhood condition, Kawasaki Disease, because it shares some of the same symptoms. But we now know this is a different illness. If you notice any of the following symptoms, call your pediatrician:

- a fever lasting more than 24 hours
- abdominal pain, diarrhea or vomiting
- rash or changes in skin color
- trouble breathing
- your child seems confused or overly sleepy

Be sure to let your pediatrician know if your child has tested positive for COVID-19 or has been exposed to the virus. Your pediatrician will let you know you if your child can be seen in the office or if you need to go to the emergency department.

While Multi-System Inflammatory Syndrome in Children sounds frightening, the American Academy of Pediatrics reminds parents that this condition is still very rare.

#### REMEMBER

Call your pediatrician with any questions or concerns about your child. Do not be afraid to go to the pediatrician's office for checkups, vaccines, or if your child is sick. Your pediatrician cares about your child's health and is taking extra steps to make sure everyone is safe when they come in.

FAMILY RESOURCES

PARENT-CHILD PLAY IDEAS



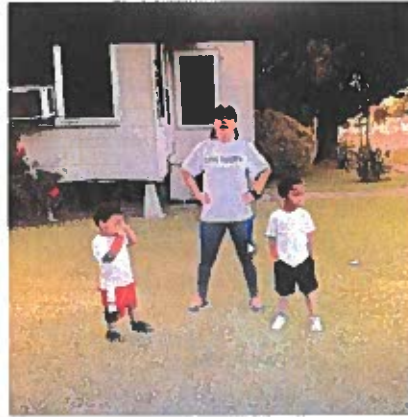
As you look for activities to do with your child, consider offering different types of play to meet their needs and keep the fun going. Independent play (when children play by themselves with you nearby) is also an important type of play and parents shouldn't feel guilty about giving their babies and toddlers a chance to play on their own.

**Physical Play:** Little ones need to move and work their bodies and voices. They will need opportunities to be loud, run, climb, and jump. This may happen outside or inside.

Here are some ideas:

- **Turn on some music and have a dance party.**
- **Put couch cushions on the floor and crawl, walk, or jump from one to the next.**
- **Use a bedsheet as a parachute (open it wide and raise it up above your heads, then bring it down to the floor). For infants, raise and lower a light blanket over them while playing peek-a-boo.**
- **Build a fort with sheets, blankets, couch cushions, pillows, chairs, and more. You can even "camp-out" indoors!**
- **Create an obstacle course using furniture, pillows, and toys.**

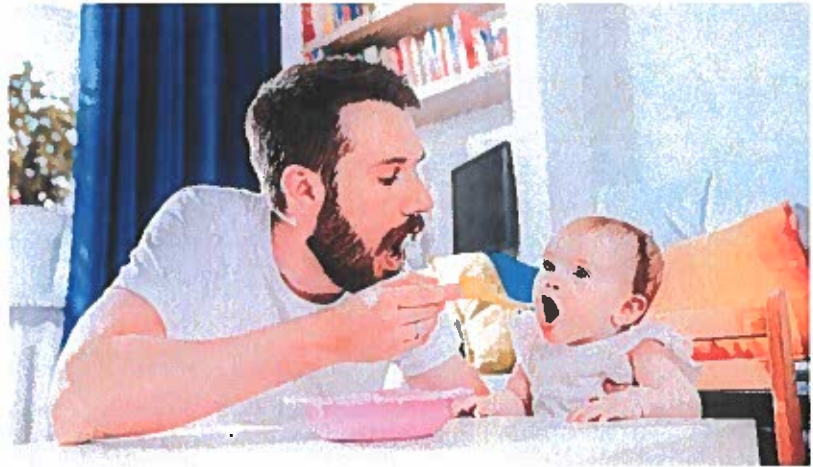
STAYING FIT!



Looking for a way to stay fit and healthy? Check out Center Director, Tiffany Comeaux and her sons, Tristyn and Daelon in their recent exercise video. Visit our Facebook page at UWA Early Head Start, to see how you can get moving during the quarantine. Send us your video and we will share it too!

FAMILY ENGAGEMENT

THINGS TO TASTE



THINGS TO TASTE

WHY THIS IS IMPORTANT?

Babies put everything in their mouths because tasting is one of the ways they find out about new objects. After they have tasted and handled something, they decide whether or not they like it. This activity encourages your baby to practice using all of her senses together. Letting her choose from among several tastes establishes positive attitudes toward new eating experiences and helps her learn to make choices.

WHAT YOU DO?

- Sit with your baby where she usually eats her meals.
- Encourage her to taste things by putting a few items within easy reach. Try a slice of banana, a spoon, a peeled and very thin apple slice, or a cracker. Be sure to give only things you are confident your child will not choke on. If you are unsure, save specific foods or this entire activity until your child is older.
- Let her choose what she wants and let her taste as long as she wants. She may not eat the item, but simply use her mouth to explore.
- Talk about her choice. The spoon is smooth and cool. That's a sweet apple!
- Describe her actions as she makes choices. With each item, she may drop it and try something else immediately or she may show interest in only a single item. You really like the banana.