

FAMILY RESOURCE TOOLKIT

San Diego County Office of Education

Disclaimer: The resources within this document are intended to support families during the COVID-19 crisis. This document is not an endorsement of any particular entity.

Stay Supported in Times of Need

[2-1-1 San Diego](#)

Access community, health, social, and disaster services. By simply dialing 211 the call is free, confidential, and available in more than 200 languages. 211 also provides access to 6,000+ services, resources, and programs through their online database.

Access and Crisis Line - phone number: (888) 724-7240

The San Diego Access and Crisis Line (ACL) offers free, confidential counseling and community resources. ACL staff are master's level and/or licensed mental health professionals who provide compassionate and knowledgeable support to callers. To reach the San Diego Access and Crisis Line please call: (888)724-7240.

[Feeding San Diego](#)

Feeding San Diego distributes meals across San Diego county in partnership with over 300 local charities, schools, faith communities, meal sites, and food pantries. To find a list of distribution sites that are currently open, with possible restrictions noted, visit this website or call (858)452-3663.

[San Diego Food Bank and North County Food Bank](#)

The San Diego Food Bank provides nutritious food to individuals and families in need in communities throughout San Diego County. To find a list of distribution sites that are currently open to the public visit this website or call (858)527-1419.

[Food Service Programs for Students](#)

Any child 18 or younger can go to any school site providing meals and receive food during this period of school closures due to COVID-19. Please visit this website to access a list of student food service programs by region. Information available in English and Spanish.

[CA Employment Development Department](#)

EDD provides a variety of support services to people who have lost their jobs or have had their hours reduced due to the impacts of COVID-19 in California. For more information and to apply for services please visit this website.

[United Way San Diego: Financial Assistance](#)

Financial assistance for families impacted by job loss or wage reduction and in need of support with paying rent/mortgage or utility bills. To find out more and to apply please visit this website. Online applications are available in English and Spanish.

[Legal Aid Society of San Diego's Guide to San Diego County, City, and State Eviction Moratoriums Related to COVID-19: What Tenants and Landlords Need to Know](#)

The Legal Aid Society of San Diego's Guide to San Diego County, City, and State Eviction Moratoriums related to COVID-19 provides information for both tenants and landlords dealing with the impact of COVID-19.

[SDIRC: Immigrant Relief Fund](#)

Many immigrants across San Diego County have had their hours reduced, are temporarily not working, or have lost their jobs altogether. Some immigrant workers are ineligible for certain federal and state benefits such as unemployment and food stamps. The SDIRC Immigrant Relief Fund aims to help fill the gap, providing assistance to people in need. For more information and to apply visit this website. Information available in English and Spanish.

[One Fair Wage Emergency Fund](#)

One Fair Wage Emergency Fund is providing cash assistance to restaurant workers, car service drivers, delivery workers, personal service workers, and more who need the money they aren't getting to survive. To find out more and to apply please visit this website. Information is available in English and Spanish.

City Heights Community Development Corporation: Rental Assistance – phone number:
(619) 961-1054

City Heights Community Development Corporation is offering rental assistance as well up to \$1,000. Intake is by phone - 619-961-1054 (Countywide fund).

[First 5 San Diego: DIY Face Coverings](#)

These coverings can be used to protect you and your family and can be made using common household supplies. To access a list of guides to help you make your own (DIY) face coverings please visit this website.

[Women, Infants, and Children \(WIC\)](#)

The Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides food benefits, nutrition education, breastfeeding support, wellness coaching, counseling services, and referral services to community resources. For more information and to sign up please visit this website or call (800) 500-6411 from 7:30 a.m. to 4:30 p.m.

[Diaper Bank Program](#)

The Diaper Bank Program distributes diapers for families in need throughout San Diego County. Each location has different operating hours and may have different eligibility criteria to receive diapers. To find a list of approved partner distribution sites please visit this website. Distribution site list is available in English and Spanish.

[San Diego County Regional Center: Community Resources](#)

The San Diego County Regional center is a resource for parents of children with special needs. Please visit this website for more information on community resources.

Rady Children's Hospital Pediatric Nurse Line - phone number: (858) 966-8399

The Rady Children's Hospital Pediatric Nurse Line is available to answer your questions about COVID-19 from 8 a.m. to 10 p.m., seven days a week. To reach the Rady Children's Hospital Pediatric Nurse Line please call (858) 966-8399.

[YMCA Child Care Referrals](#)

Essential services workers in need of child care in San Diego County can find licensed child care by visiting this website or by calling (800) 481-2151 so they can continue to work during this crisis. A dedicated, 24-hour line for health care, first responders, law enforcement, and military professionals is also available at (619) 952-0242.

[YMCA: Resources for Families](#)

To access resources on employment counseling and assistance, housing (renter and eviction relief), emotional and physical well-being, and more please visit this website.

YMCA Youth and Family Services: Counseling Services (Virtual Therapy)

YMCA: Youth and Family Services are offering virtual therapy on a sliding scale based on annual household income. To find out more please contact Brittany Vetter at bvetter@ymca.org or email your questions to CounselingServices@ymca.org.

Stay Strong

[Be Strong Families: Financial, Educational, and Many More Resources](#)

To access the list of resources to help families stay strong during this time please visit this website.

[Live Well at Home](#)

Live Well at Home is a free resource to help community residents find tips and strategies to stay healthy in both mind and body while staying at home. To access resources for physical fitness, mindfulness, social connection, and education available for toddlers to adults, please visit this website.

[Health and Human Services Agency \(HHS\): Resources for Families, Parents & Caregivers](#)

For resources on how to manage your mental health and cope during these times please visit this website. Information is available in English and Spanish.

[Parenting in Coronavirus: You are Enough](#)

The expectations for being “perfect” during quarantine can add up. To find out more about letting go of this expectation and practice self-compassion please visit this website and remember ... you are more than enough.

[Zero to Three: The Importance of Self-Care](#)

Self-care is how we keep ourselves well to ensure we are physically, emotionally, and mentally capable of being there for our young children. To find out more about self-care as well as ideas you can try please visit this website.

[12 Tips to Reduce Your Child's Stress](#)

Learn more about how to help you and your family destress by visiting this website.

[UC San Diego School of Medicine: Free Live Mindfulness Practice Sessions](#)

Free live mindfulness practice sessions are offered throughout the day that focus on topics such as self-care, compassion, and reducing anxiety. To access these live sessions please visit this website. Live sessions are available in English and Spanish. Please note: live sessions are broadcast via ZOOM, and you do not need to have an account to participate.

Helping Children Cope With Change

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus](#)

This resource provides information regarding changes you might observe in your child's behavior during this time. To learn more about these changes and the best ways you can respond to reduce your

child's stress and anxiety, please visit this website and download the Parent/Caregiver Guide. This guide is available in English, Spanish, and Chinese.

[Mind Heart: A Book to Help Reassure Children](#)

This book is an invitation for families to discuss the full range of emotions arising from the current situation, and to help caregivers talk with young children about COVID-19. To access the book please visit this website. This book is available in 25 languages.

[PBS: How to Talk to Your Kids About Coronavirus](#)

For tips on how to talk to young children about Coronavirus along with links to videos that you can use as well, please visit this website. This resource is available in English and Spanish.

[Center for Disease Control and Prevention \(CDC\): How to Talk With Children About Coronavirus](#)

For information on how to talk with children about Coronavirus please visit this website. This resource is available in English and Spanish.

[AFIRM: Supporting Individuals With Autism Through Uncertain Times](#)

This resource provides seven support strategies that are designed to meet the unique needs of individuals with autism during this period of uncertainty. To learn more about these support strategies please visit this website.

[National Association of School Psychologists \(NASP\): How to Help Children Cope With Change](#)

For information on how to help children cope with changes resulting from COVID-19 please visit this website. There are also resource guides available about talking to children about COVID-19 (Coronavirus) in nine different languages.

[Child Mind Institute: Supporting Families During COVID-19](#)

Resources for families during COVID-19 with tips for managing anxiety, helping children with transition, meltdowns and tantrums, mindful parenting, and more are available on this website. Information is available in English and Spanish.

[Positive Psychology: 25 Fun Mindfulness Activities for Children](#)

For fun mindfulness activities and exercises for children, tips to teach mindfulness to children and teens, games, meditation for very young children, mindfulness for anxiety, and more please visit this website.

[California Inclusion: Resources for Families](#)

To access resources for families, resources created to explain the coronavirus to kids, resources to take care of yourself, and more please visit this website.

Stay Connected

[Ted Talk: 5 Ways to Create Stronger Connections](#)

To watch this Ted Talk on five ways to stay connected during these unprecedented times please click this link.

[Family Bonding](#)

Families come in all shapes and sizes, and each is unique in its own way. But one thing all families have in common is love. Everyone benefits from spending quality time with family. With little ones, that usually involves plenty of silly play! For resources and activities with simple, everyday ways to live, love, learn, laugh, and create lasting memories together please visit this website. Information is available in English and Spanish.

[Bounceback Parenting: 10 Minute Special Time Activities for Connecting With Kids](#)

Kids need connection. Family conversations, working together as a family, arts, crafts, and making things, sensory play and exploration, and reading together are just some of the ways we can connect with children through fun everyday activities. For more ideas on special time activities for connecting with kids and to learn how you can be more calm, connected, and confident with your children please visit this website.

Stay In-Tune With Your Child's Health and Development

[ZERO to THREE](#)

This resource includes a collection of "Parent Favorites" and provides links to videos and articles to help parents/families tune in to meet their child's individual needs. Topics include: learning how to help young children manage emotions, gain self-control, build self-confidence and make friends, understanding your child's temperament, and responding to behaviors that are challenging. To find out more please visit this website.

[All About Young Children: Information for Families on Children's Early Development](#)

To explore information that can help you understand your child's learning and discover new ways to support your growing child, please visit this website. Information is available in eight languages.

[CDC: Information on Child Development and Developmental Milestones](#)

To access tools to track developmental milestones and tips about development from birth to 5 years of age in eight different languages please visit this website.

[American Academy of Pediatrics: Healthy Children](#)

To find learning activities, tips, and information about development from prenatal to young adult please visit this website. Information available in English, Spanish, and Auditory.

[Zero to Three: Understanding Your Child's Temperament](#)

Every child is born with his own individual way of approaching the world—a temperament. A child's temperament shapes the way he experiences the world. For tips on how you can tune in to your child's temperament to anticipate how they will react in certain situations please visit this website.

[PBS: Strategies for Teaching Kids Self-Regulation](#)

Self-regulation helps children stay calm in stressful situations. To find out more about strategies for teaching young children self-regulation using shows with your child's favorite PBS characters, interactive play activities, and more please visit this website.

[PBS: How to Make a New Home Routine](#)

Children thrive on routines. With many schools cancelled and people limiting their exposure to others, it's up to us to make new routines so our children feel safe and cared for. For tips on how to make a new family routine please visit this website.

[How to Help Your Child Have a Successful Bedtime Routine](#)

It is important to establish a bedtime routine that you and your child both understand and helps everyone feel calm and relaxed. Visit this site for more information on how to help your child have a successful bedtime routine.

[CDC: Positive Parenting Tips](#)

To learn more about your child's development, positive parenting, safety, and health at each stage of your child's life from infant to teenager please visit this website. Information available in English and Spanish.

Stay Engaged: Learning Through Play

[Play is Learning](#)

Children develop and learn through play. To find out more about the value of play please visit this website.

[Talking is Teaching: Staycation ToolKit](#)

This booklet provides 10 ways you can talk, read, sing, and play your way through the day—with things you might already have at home. Just click on this link to get started.

[Early Childhood Learning and Knowledge Center \(ECLKC\): Fun and Learning for Parents and Children: An Activities Handbook](#)

Children are learning all the time. To access this handbook that contains fun activities for parents and children to do together at home, away from home, indoors, and outdoors please visit this website. Information is available in English and Spanish.

[Brookes: At-Home Learning Activities](#)

For some fun at-home activities for parents and young children please visit this website.

[Talking is Teaching: Bundles of Fun Activities](#)

In addition to tips and ideas on talking, reading, and singing with young children during everyday moments, this resource provides fun activities bundled by theme.

[Resources and Fun Activities to Support Children's Learning](#)

To learn more about fun activities to do at home that support children's learning and development including cooking, indoor physical play, art, math, literacy, and more please visit this website. Information is available in English and Spanish.

[PBS for Parents: Preschool Learning at Home](#)

To find resources on how to support your child's early learning and for some fun ideas on how to include more literacy, math, and science in your day please visit this website.

[PBS Kids for Parents](#)

Fun and age-appropriate activities and virtual games for 2-8-year-olds on specific topics. Use the filter to find the type of activity you're looking for. You will also find other topics/activities grouped by age. Topics grouped by age include emotions and self-awareness, social skills, character traits like responsibility and compassion, literacy, math, science and arts.

[Sesame Street](#)

This resource contains a collection of fun, interactive games, activities, videos and books for families to help children learn and develop social and emotional skills. Sesame Street characters "provide opportunities for families to build closeness and confidence, and make learning fun!" Information is available in English and Spanish.

[First 5 San Diego: Live Well at Home – DIY Activities](#)

To access a list of DIY activities, at-home activities, and online educational activities please visit this website.

Early Literacy Resources

[First 5 California: Talk, Read, and Sing](#)

For updates and resources on COVID-19 as well as ideas on reading, singing, and learning activities please visit this website. You will also find electronic books, videos, and more. Information is available in English and Spanish.

[Choosing Books for Infants and Toddlers](#)

To learn more about choosing engaging and appropriate books for infants and toddlers please visit this website. Information is available in English and Spanish.

[Reading Rockets](#)

To find lots of ideas to immerse kids in language and stories, build background knowledge, and inspire creative play please visit this website.

[¡Colorín! Colorado: Reading Tip Sheets](#)

To learn more about how to support literacy at home for babies, toddlers, preschoolers, and school-age children please visit this website. Information is available in 13 languages.

[Reach Out and Read](#)

Resources on screen-free activities, ideas on how to get moving while learning your ABCs, learn-at-home activities, virtual reading, and live events. Information is available in English and Spanish.

[Scholastic Learn at Home: Day-by-Day Projects to Keep Kids Reading, Thinking, and Growing](#)

Virtual learning activities for children of all ages from Scholastic Learn at Home with links to other resources for families. Literacy activities include watching a story, reading a book, and interactive activities with more materials to "dive deeper." Each week/day focuses on a new topic. Week 2/day 6 focuses on Social-Emotional Learning-Friendship. Resources are available in English and Spanish.

[Unite for Literacy](#)

Get access to an abundance of books that celebrate different languages and cultures and cultivate a lifelong love of reading. Audio narration of books is available in over 40 languages.