

Noteworthy

A Child and Family Quarterly Update - February 2021

Helping Children Cope with COVID-19 Changes

Small changes in a child's routine can lead to BIG emotions. During these ever-changing days, finding healthy ways for your child - not to mention yourself - to stay in the moment is important. [Click here](#) for mindfulness exercises you and your child can do together!

Virtual field trips are another thing you and your child can do together. [Click here](#) for a list of sites offering free trips!

Keeping Track of Your Child's Development



Taking first steps, smiling for the first time, and waving "bye-bye" are developmental milestones. Children reach milestones in how they play, learn, speak, act, and move (crawling, walking, etc.). [Click here](#) to learn more and print the complete milestone checklists. You know your child best! Complete the checklist that is appropriate for your child's age, and discuss it with your child's doctor at every well-child visit.

"The milestone checklists are a very helpful resource for all parents: it helped me understand if there was anything [my son] needed to work on and also helped ease my mind that he was doing well, even though he was born a little early. I would highly recommend it." - Diana B., Colonia, NJ

Taking Care of Yourself

Strengthening your ability to manage stress and continue making progress toward the future is an important part of self-care. The tips and resources discussed in the article, "[Building Resilience: Resources to Help Families Grow from Challenging Times](#)," can help you find resiliency tools that work for you and your family!



Protecting Your Health

COVID-19 is a disease caused by a virus that spreads easily and can make people very sick. Getting a COVID-19 vaccine protects against COVID-19, and is an important tool to help stop the pandemic. People with developmental disabilities, their families, and supporters play an important role in preventing COVID-19 by getting a vaccine. For facts and resources about getting the vaccine, [click here](#).

Reading Corner

Sharing a book can provide quiet moments of joy and comfort. It is important to have these positive interactions everyday with people you love, especially during stressful times. Children love reading with someone they love; it helps build language, healthy brains and comforting routines. *Jabari Jumps* follows little Jabari as he tries to work up the courage to jump off the diving board. The book shows children that everyone gets scared sometimes, and it is okay. It also shows how Jabari's dad helps him to overcome his fears.



Learn the Signs.
Act Early.



Centers for Disease
Control and Prevention

www.cdc.gov/actearly
1-800-CDC-INFO

