
Children First Resource Guide

As of June 30, 2020 - the city of Sarasota Commissioners passed a mandatory mask ordinance. Please [click here](#) for details.

[Children First June 2020 Newsletter](#)

***Indicates in Spanish/En Español**

Health and Wellness Resources

- **Center for Disease Control**
 - [Managing COVID-19 at Home](#)
 - [COVID-19 prevention](#)
 - [Guidelines: 15 Days to Slow the Spread](#)
 - [What is COVID-19 Flyer](#)
 - [COVID-19 Síntomas en Español](#)
 - [Isolation vs. Quarantine](#)
 - [Preparing for the Spread of COVID-19](#)
 - [10 Ways to Manage Respiratory Symptoms at Home](#)
 - [COVID-19 Facts](#)
 - [Stop the Spread of Germs](#)
 - [Detenga La Propagacion de Los Microbios](#)
- **Florida Department of Health**
 - [What You Need to Know About COVID-19](#)
- **United States Consumer Product Safety Commission**
 - [Safe at Home with Young Children](#)
 - [Safe at Home with Older Children](#)
 - [Safe at Home with Seniors](#)
 - [Safe at Home with Everyone](#)
- **Children First**
 - **Behavior Health Support - (407) 900-7583**
 - **Contact to reach Susan Miller, BHS**
 - [Comprehensive Services Newsletter – Tips for Families](#)
 - [March 2020 Wellness Newsletter](#)
 - [Guía de Bienestar para COVID-19*](#)
 - [Dental Care & Emergencies During COVID-19](#)
 - [Cómo mantener una buena salud bucal durante la pandemia de coronavirus del 2020*](#)
- **LULAC – League of United Latin American Citizens**
 - [DETENGA LA PROPAGACION Flyer*](#)
 - [SINTOMAS Y QUE DEBO HACER Flyer*](#)
 - [Como Se Si Tengo COVID-19?](#)

- **UCLA Health Care Institute Covid-19 Health Literacy Project**
 - [COVID-19 Fact Sheets Divided By Age and Language](#)

State Resources

- **[Florida Unemployment Benefits](#) – online assistance**
 - [Apply online at CONNECT](#)
- **Unable to submit online:**
 - [CareerSource](#) will be providing paper applications and assisting Floridians with submitting.
 - [FedEx](#) is offering free printing and mailing of paper application at participating locations.
 - Applications can be downloaded at [FloridaJobs.org/COVID-19](#). and mailed to: Florida Department of Economic Opportunity – P.O. Box 5350, Tallahassee, FL 32314-5350

Food Resources

- **[USDA – Meals for Kids Finder](#)**
- **[All Faith's Food Bank Food Finder](#)**
 - [North County Food Distribution Schedule](#)
 - [South County Food Distribution Schedule](#)
- **[School Nutrition Association – Food Resource Locator Map](#)**
- **Food Pantry:**
 - **Salvation Army is distributing food at their 1400 10th Street, Sarasota, location. Please call 954-Hope (4673) for an appointment. Open Monday thru Friday 9:00 am to 3:00 p.m**
- **Feeding Site:**
 - **Mental Health Community Centers, Inc. 240B South Tuttle Ave, Sarasota. 11:00 am to 1:00 pm. Serving to go meals.**
- **Charlotte County Food Distribution**
 - **[Englewood SKY YMCA Free Lunches](#) – click here to fill out the form**
 - There will be free lunches for all students ages 5-18 regardless of which school they attend. Hours are 11am-1pm. Students must be present in order to collect the meal.
 - **Please note, the meal pick-up timeframe for each location below is from 10:00 AM to 1:00 PM:**
 - L.A. Ainger Middle School – 245 Cougar Way, Rotonda West, FL 33947
 - Myakka River Elementary – 12650 Willmington Blvd, Port Charlotte, FL 33981
 - Port Charlotte High School – 18200 Cochran Blvd, Port Charlotte, FL 33948
 - Children must be present to pick up meals.
 - Champ's Café will not be monitoring food allergies. Parents who have children with food allergies are fully responsible to ensure that their child does not consume food that will cause them to be sick.

Local Resources

- **United Way Suncoast – [Coronavirus Assistance Center](#)**
- **Sarasota County Government – [Health and Human Services](#)**
- **Sarasota County School District**
 - [Frequently Asked Questions](#)
 - [Mental Health Help](#)
- **[Season of Sharing](#)**
 - [Season of Sharing Fact Sheet](#)
 - [United Way 2-1-1 hotline for assistance](#)
 - 2-1-1 is a FREE service provided by United Way that connects area residents to critical health and social service resources when they need help. From help with a household bill, food assistance, or counseling for suicide prevention, calling United Way’s 2-1-1 helpline is open 24 hours a day, 7 days a week, year-round. Instead of searching the phone book or internet when faced with a crisis, think of 2-1-1 as your first call for help.
 - People can reach 2-1-1:
 - By phone – Dial 211
 - By Email – uw211help@gmail.com
 - By Online Chat at – <https://211.gs-humanservices.org/>
 - By Text – Text zip code to 898-211
- **Sarasota County Libraries – [Resources for Families](#)**
- **Online learning: beginning April 1**
 - [Comcast is offering two months of free internet through its “Internet Essentials” program](#)
- If you need a laptop, please let the school district know by **fully** completing the Mobile Device Needs Survey, found at www.sarasotacountyschools.net/deviceneedssurvey. If you can’t access the survey, please contact the district’s Information Technology department at 941-927-9000, ext. 31350.
 - Laptops are currently being prepared for families that have fully completed the Mobile Device Needs Survey. **Information about pick-up dates and times will be sent to individual families directly by the IT department as soon as it is available.** The district is working to ensure large numbers of families do not all come for device pick-up at the same time, which would fall outside current CDC guidelines.
- **Note from Sarasota County Schools re: Internet Safety & Device Care**
 - “As children are spending more time online to engage in online learning or connect with friends and family, **please caution them to “Stop, Look, and Think Before You Click”**. The protections and filters your children had while using the internet on school district computers, during the school day while on campus, are not accessible and may not be in place while your children are using school district devices on your home’s network. If you do not have parental controls in place already, please consider reviewing these settings through your provider or device manufacturer to ensure that your children are not navigating to any inappropriate sites while they’re online.

Please note, all devices checked out from Sarasota County Schools must eventually be returned. Please encourage your children to be careful with any

devices your family has borrowed from the school district. These devices will be repurposed for our schools to use in the next school year.

We know this is a stressful and trying time for our whole community – please make every effort to be safe and help those around you be safe and stay calm as well.

Please continue to practice good health habits such as social distancing, getting plenty of sleep, eating balanced meals, and frequently washing your hands. Thank you! “

Educational Resources

- [HighScope Curriculum – Active Learning at Home](#)
- [WEDU PBS – At-Home Learning](#)
- [Audible – Free Audiobooks for Children \(in 6 languages\)](#)
 - Beginning Saturday, March 28 until schools re-open
- [PBS Kids – sign up for daily activities](#)
 - [8 activities to release energy in kids](#)
 - [Making a new home routine](#)
 - [Math activities for ages 3-6](#)
- [Free STEM activities](#)
- [Free creative activities](#)
- [National Geographic for Kids](#)
- [Story Time from Space](#)
- [Free Science Experiments at Home](#)
- [Free K-6 Printable Student Activities](#)
- [ABC Mouse Early Learning Academy for ages 2-8](#)
 - Free for 30 days
- [National Association for the Education of Young Children \(NAEYC\)](#)
- [National Head Start Association](#)
- [Teachstone Blog Posts and Downloadable Resources](#)
- [Blackbaud K-12 Resources for At-Home Learning](#)
- [Kaplan Learning at Home](#)
- [Lakeshore Learning Resources](#)
- [TIME Magazine At-Home Activities](#)
- [HappyNumbers.com Free Math Activities](#)
- [Noggin Free 3-Month Subscription](#)
- [Smithsonian Magazine Learning at Home](#)
- [Starfall – Learn to Read for Pre-K to Grade 3](#)
- [Teaching2and3YearOlds.com](#)
- [Fingerprint Alphabet Art – Free Printable Activities](#)
- [150 Sensory Learning Activities](#)
- [Conscious Discipline Resources for Families and Educators](#)
- [Reading Rockets Literacy App](#)
- [Reading is Fundamental – Skybrary \(free for one month\)](#)
- [Kindermusik – At Home Learning Kits for Ages 1-7](#)
- [Scholastic Magazine Learn at Home](#)

- **Grades Pre-K - 9**
- [International Children's Digital Library – choose your language](#)

Parent Resources

- [National Head Start Association](#)
- [ChildCare of America Tools and Resources](#)
- [Healthy at Home Family Toolkit](#)
- [Sesame Street – Caring for Each Other](#)
- [Morning Visits With Red – YouTube Videos for Kids](#)
- Talking to your children about COVID-19
 - [COVIBOOK – Supporting and reassuring children around the world](#)
 - [Coronavirus Social Story](#)
 - [What is the coronavirus? Flyer](#)
 - [My Coronavirus Story](#)
 - [Conscious Discipline – Why Can't I Go to School?](#)
 - [Conscious Discipline – Coronavirus is a Big Word](#)
 - [National Child Traumatic Stress Network – Fact Sheet](#)
 - [Zero to Three Tips for Families](#)
 - [Bright Horizons – Talking to Your Child](#)
 - [Time to Come in, Bear Social Distancing Video for Children](#)
 - [Dance and Move Along Video – Going to the Zoo by Raffi](#)
 - [Dance and Move Along Video – You Gotta Sing by Raffi](#)
- Staff and Volunteer Videos
 - [Story Time/Read-a-Long Videos](#)
 - [Fun, At-Home Activities](#)