

# Promoting Children's Resilience and Preventing Child Abuse

## During the Coronavirus Pandemic

**The coronavirus pandemic is changing all our lives.** As necessary decisions have been made to respond to and protect Ohioans from the coronavirus, young children and their families are increasingly having to respond to the social and economic impacts of these decisions, which threaten their healthy development and well-being. We know, as a result of this pandemic, Ohio families are struggling to meet both their physical and emotional needs. As a result, our children are suffering and lack their typical networks of support as they have less contact with trusted adults outside their home. Please join us in responding to this new reality by learning more about how you can promote children's resilience and prevent child abuse during this uncertain time.

### Parents and Caregivers

You can support your children by interacting and talking with them, finding healthy ways to cope with your stress, reaching out for help when you need it and relying on your community. Visit Groundwork Ohio's collection of [resources and activities](#) for parents and families.

#### Learn More:

- [American Academy of Pediatrics Offers Parent Tips and Resources for Dealing with Covid-19 and Its Stresses](#)
- [Prevent Child Abuse America Coronavirus Resources & Tips for Parents, Children & Others](#)
- [The National Child Traumatic Stress Network – Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\)](#)
- [Childhelp National Abuse Hotline Guidelines for Parents](#)

### Providers Working with Young Children and Families

You can support sensitive and responsive caregiving, help families meet basic needs, provide emotional support, support caregivers and help families stay connected.

- Host virtual developmentally appropriate meetings and story times for children to stay connected with their trusted adults while at home.
- Create a voluntary virtual support group with the parents you serve to provide them with peer to peer guidance and support.
- Provide virtual parenting classes or similar educational opportunities (i.e. safe sleep, how to apply for benefits, healthy relationships, etc.)
- Develop a local guide that can be easily sent via email or to the home listing of all the available resources for families in your community.
- Check-in on families by regularly calling them – this also keeps an open line of communication so that families return to your program or resume regular services when the pandemic is over.
- Continue to provide services to families through virtual visits and, where appropriate, consider continuation of in-person office visits for high-risk families. Keep reaching out to families to assess their needs and schedule future in-person meetings.

## Providers Working with Young Children and Families (cont.)

### Learn More:

- [Coronavirus Resources & Tips for Parents, Children & Others](#)
- [Prevention Programs: An Approach to Prevent Child Abuse](#)
- [Ways to Promote Children's Resilience to the COVID-19 Pandemic](#)
- [Best Practices When Using Mobile Devices for Advocacy](#)
- [Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission](#)
- [CDC Healthcare Professionals: Frequently Asked Questions and Answers](#)
- [ZERO TO THREE Coronavirus Resources for Early Childhood Professionals](#)

## Community Members & Policymakers

You can show kindness towards families and advocate for investments and policies that support and uplift families during this difficult time.

- Protect current funding and increase investments that ensure at-risk families have shelter, food, and safety. Increase funding to child welfare systems and other critical child serving systems that will need help recovering capacity during and after the pandemic.
- Support the maintenance of connection to critical supports, programming and relationships by increasing access to critical health and education services through innovative service delivery options.
- Target vulnerable populations of families in consideration of race, poverty, geography and other social factors that result in disparate health and education outcomes.
- Learn from other state and local policies being implemented to model and scale prevention strategies.

### Learn More:

- [Ways to Promote Children's Resilience to the COVID-19 Pandemic](#)
- [Urge Congress to provide support for child welfare during COVID-19](#)
- [Prevention Programs and Strategies: State Legislative Experiences](#)