

# Child Care Matters

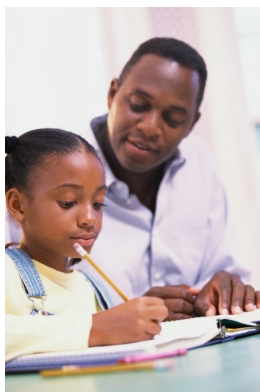
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## Family Stress and Care



Getty Images

There are no easy answers for parents when it comes to the coronavirus. Managing daily family stress is important. Social distancing is the best thing we can do right now to decrease the risk of spreading the virus in our communities. But social distancing can be really stressful. Don't let worrying take over your life, seek out reliable updates about the

coronavirus and available government, state and local resources to support your family. Thanks to technology, you can still connect with friends and family who can also provide information about resources, reduce feelings about isolation and lend a loving, supportive ear.

To keep everyone strong, hopeful and encouraged, you, your mate and other adults in the family must have a structured plan for dividing care responsibilities. Together you also have a unique goal: to promote family bonding and to compassionately practice care for each other and for our world.

If you are working onsite at your job or from home, you are on double duty balancing day to day family relationships, helping your older

kids with schoolwork and providing the extra care and attention younger children need.

Your kids will need a little unstructured play time but also time for family exercise and dance and games. Movement stimulates the brain and play produces highly positive feelings. Laugh, joke and be silly. Research shows that children are calmer in the presence of balanced, relaxed adults

Schedule in family self-care time. Get everyone to keep a journal about their thoughts and feelings and what they are most thankful for every day. At 'Snuggle Up Time' share stories of gratitude and wishes. Take time out for family prayer, meditation, inspirational readings and talks and everyone's spirit and mood will be lifted.

## COVID-19 Care Basics

Follow recommendations from your local health authority, coronavirus spreads with person to person contact. Call your doctor if your child or someone in your family has a fever, cough, or other flu-like symptoms. Tell the doctor if they have been near someone with COVID-19 or lived in or traveled to

an area where lots of people have the coronavirus. Make sure your children have all their vaccinations. Protect them against other illnesses like measles and the flu. Wash hands at least 20 seconds with soap and water or use hand sanitizer with at least 60% alcohol. Teach your kids to do the same.

Try not to touch your eyes, nose, or mouth. Use a household cleaner or wipes to clean and disinfect surfaces and objects that people touch a lot. Stay at home. Wear a mask if you must go out for food shopping and health care or emergency needs. Keep your family safe!

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# Your Voice

Governor Phil Murphy announced on April 27<sup>th</sup>, "The Road Back: Restoring Economic Health Through Public Health," based on the following six principles:

Principle 1: Demonstrate Sustained Reductions in New COVID-19 Cases and Hospitalizations

Principle 2: Double current diagnostic testing capacity for all residents and link the positively tested to a health care provider.

Principle 3: Implement robust contact tracing to identify and follow-up with contacts and increase efficiency of technological data and innovative solutions.

Principle 4: Secure safe places and resources for isolation and quarantine and provide supportive services, if needed.

Principle 5: Create the Governor's Restart and Recovery Commission Plan for a methodical and strategic return to work with social distancing measures where appropriate.

Principle 6: Ensure New Jersey's Resiliency. Prepare for the possibility of a resurgence; Ensure hospitals, health care and delivery systems have sufficient inventories and equipment. Create a playbook for future administrations for the next pandemic.. <https://www.nj.gov/governor/news/addresses/20200427a.shtml>



# Tu Voz

El gobernador Phil Murphy anunció el 27 de abril, "El camino de regreso: restaurar la salud económica a través de la salud pública", basado en los siguientes seis principios:

Principio 1: Demostrar reducciones sostenidas en nuevos casos de COVID-19 y hospitalizaciones

Principio 2: Duplique la capacidad actual de pruebas de diagnóstico para todos los residentes y vincule las pruebas positivas con un

proveedor de atención médica

Principio 3: Implemente un rastreo de contactos robusto para identificar y dar seguimiento a los contactos y aumentar la eficiencia de los datos tecnológicos y las soluciones innovadoras

Principio 4: Asegure lugares y recursos seguros para el aislamiento y la cuarentena y proporcione servicios de apoyo, si es necesario.

Principio 5: Crear el Plan de la Comisión de Reinicio y Recuperación

del Gobernador para un retorno metódico y estratégico al trabajo con medidas de distanciamiento social cuando sea apropiado.

Principio 6: Garantizar la resistencia de Nueva Jersey. Prepárese para la posibilidad de un resurgimiento; Asegurar que los hospitales, la atención médica y los sistemas de entrega tengan inventarios y equipos suficientes. Cree un libro de jugadas para futuras administraciones para la próxima pandemia.

# Fundamentos de COVID-19 Cares

Siga las recomendaciones de su autoridad de salud local, el coronavirus se propaga con el contacto de persona a persona. Llame a su médico si su hijo o alguien de su familia tiene fiebre, tos u otros síntomas similares a los de la gripe. Informe al médico si han estado cerca de alguien con COVID-19 o si han vivido o viajado a un área donde muchas personas tienen el coronavirus. Asegúrese de que sus hijos

tengan todas sus vacunas. Protégelos contra otras enfermedades como el sarampión y la gripe. Lávese las manos al menos 20 segundos con agua y jabón o use desinfectante para manos con al menos 60% de alcohol. Enseñe a sus hijos a hacer lo mismo. Intenta no tocar los ojos, la nariz o la boca. Use un limpiador doméstico o una toallita para limpiar y desinfectar superficies y objetos que las personas

tocan mucho. Quédate en casa. Use una máscara si debe salir para comprar alimentos y atención médica o para necesidades de emergencia. Mantenga a su familia segura!