



Using the *Care, Cope, Connect* Guide

Because the families we serve are facing growing, complicated issues, First 5 Association of California consulted with Sesame Street in Communities to create this guide. *Care, Cope, Connect* offers:

- Tips for parents on **caring** for themselves and their children during tough times
- Ways for families to **cope** with difficult times together
- Guidelines on talking with kids and helping everyone stay **connected** to their families and communities.

Who should use *Care, Cope, Connect*?

The guide includes both parent articles and kids' activity pages to help everyone navigate the difficult conversations around community stress, trauma, and separation from loved ones. While all families benefit from having these conversations, those experiencing severe anxiety or the threat of separation may find the resource particularly helpful.

For Partners: How to use *Care, Cope, Connect*

Please help us get this guide in the hands of families. Consider contacting partners who work with families impacted by:

- Trauma & Adverse Childhood Experiences (ACEs)
- Acute levels of community stress and anxiety
- Separation from loved ones

Ways to share the guide:

- Put copies in your waiting room or lobby area of your building (e.g.: libraries, community centers, family resource centers, health clinics, offices of elected officials).
- Distribute it to teachers and child care professionals and ask them to share the guide with parents.
- Include it as a resource at events focusing on young children, immigration, or early health and education.
- Highlight it on your website (PDFs are available at: www.first5association.org/care-cope-connect/).

For Parents: How to use *Care, Cope, Connect*

- Read through the pages by yourself first. Then, consider:
 - *What stresses are causing you anxiety?*
 - *How does anxiety affect you? (loss of sleep, short temper, and so on)*
 - *How do you calm yourself when you experience anxiety?*
 - *How do you know when your child is feeling anxious?*
 - *How can you teach your child the strategies you use to calm down?*
- Look back through the guide. What activities might you like to try with your child?
- Go ahead! Complete the guide and selected activities with your child. While doing the activities, consider using tips from the "*Talking About It*" section found on page 9.

Additional resources and information are available at:
www.first5association.org/care-cope-connect/ | www.SesameStreetinCommunities.org

Questions? Please contact the First 5 Association of CA:
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