

Dear Families,

We miss you! We hope you and your families are remaining healthy and safe during these challenging times. It is hard not to be connecting with you in person and enjoying our regular routine of talking, laughing, learning and playing together.

We want you to know that all StrongStart staff are still working and are committed to supporting families however we can. We would like to invite you to join our StrongStart Early Years Facebook Group at [www.facebook.com](https://www.facebook.com) where we will be posting information, story readings, videos and activities over the coming weeks.

We are attaching a graphic below which we feel is a good reminder for all of us to focus on the things that are in our control and try to let go of the things that are not:



The Child Mind Institute has posted tips on how to talk to children about the Coronavirus which we found really helpful. A resource has also been written especially for parents and caregivers to remind us about “Self-Care in the Time of Coronavirus.” We have attached these documents and the website link below. For those of you who have children with many questions, “The Story of the Oyster and the Butterfly” by Ana G Gomez helps explain the Coronavirus and the special things we are all doing to stay safe. The link to the author’s youtube reading of the story can be found at: <https://youtu.be/IBHba-EBoM8>

We encourage you to take one day at a time and recognize the amazing job you are doing right now! We are here to support you and your children in any way we can. Please do not hesitate to contact us if you are looking for information or support. We hope to be interacting with many of you through Facebook and we will also continue to send emails. Take care of yourselves!

Warmest Regards,

Alison, Brianne, Diana, Julie, Jun and Nicole

*The StrongStart Team*



### Attachments & Website Links

- **SD 75 Early Years Navigators** – Contact Information
- **“Self-Care in the Time of Coronavirus”** – The Child Mind Institute  
<https://childmind.org/article/self-care-in-the-time-of-coronavirus/>
- **“Talking to Kids about Coronavirus”** – The Child Mind Institute  
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- **The Story of the Oyster and the Butterfly: The Corona Virus And Me** – Ana M Gomez (psychotherapist)  
<https://youtu.be/IBHba-EBoM8>