

March 27, 2020

Dear Kids Klub Parents

We hope that this letter finds you and your loved ones safe and healthy. This global pandemic calls for us to be creative about staying connected, focusing on our wellbeing, and sharing information. Kids Klub CDC will continue to advocate on behalf of babies, young children, elementary school children and their families.

Through your phone calls and E-mails to our staff and myself, we have heard about your joys and challenges. Parents are asking how they can best support their children and keep routines. Some parents are concerned about behavior challenges. We want to support you as much as possible. Our directors and teachers have put together resource materials that will be sure to keep your children busy moving, singing, learning and having fun. Keeping children busy is best. When children are bored their level of worry and disruptive behavior may increase. We will help you provide options for safe activities.

**Please see the "Member Resources" section of our website.**

The pandemic has interfered with children's structure, predictability and security. One way to support and protect children's emotional wellbeing during the pandemic is by practicing reassurance and routines. If your child asks if you are worried, be honest. They will know if you are not telling them the truth. You can let them know that you are worried about the virus, but you know that there are ways to prevent its spread and take care of the family if one gets sick.

Infant/toddlers and children do best with schedules and knowing what comes next. Providing routines for children (e.g. Regular bed, bath, and meals times, daily schedules for learning and play) will provide children with a sense of safety security and stability. Children will gain an understanding of everyday events and procedures and learn what are expected of them as routines make their environment more predictable. It reminds children that they are in a secure, loving environment. Schedules help to regulate behavior, as children know what to expect at each part of the day. This understanding and consistency makes the children more confident in pursuing their interests. They also start understanding patterns in their day.

We miss our Kids Klub families, and wish you good health and happiness.

Warmly,  
Vivian-Leis Chang  
Executive Regional Director