



First Nations Health Authority
Health through wellness

Aboriginal Head Start On-Reserve Developing Outreach Resource Kits During Centre-based Closures Due to COVID-19

With the physical distancing measures required to control the spread of COVID-19, some Head Start programs are developing outreach resource kits for children and families in their communities. This resource offers ideas on reaching out to families and developing kits. Think of this as a source of community-based inspiration you can use at your own pace and in accordance with your own decision-making process.

Contacting Families about Outreach Kits

What you might say to families when you call them:

“This is _____ from the Head Start Program. We hope you are doing well in spite of the COVID-19 pandemic. We want you to know we are here to help and we care about your wellness, health and safety. We are offering Early Learning Resources Kits to our families. As we are unable to offer centre-based programming at this time, we are offering outreach to families by dropping off a kit to your door! We are wondering if you might be interested in receiving some resources from our outreach service”.

The parent may ask: “What does it involve? How often?” and other questions.

Your responses:

About the outreach program: “The staff will come to your home (For example: once a week) to drop off a Resource Kit with Head Start activities for you and your child(ren). We will have different activities each time and we will bring all the materials and supplies. As the schools are closed, we are also wondering if you have other children at home, and if so, how old they are. We want to support your whole family.”

Ask the families what they may need some support with:

“How can Head Start support you and your family? What do you need? What are your concerns? What can I do to support you at this time?”

Creating Resource Kits for Families

Provide families with verbal and/or written information on a few of the following key areas.

What is social distancing?

Social distancing means that we do not use usual greetings, such as handshakes, hugs and kisses. Safe greetings include a wave, a nod, a bow and anything else you can think of that does not include physical contact. Social distancing also includes staying one to two metres away from other people.

Why is social distancing important?

When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease. Avoiding physical contact while greeting friends, family and community members helps to prevent COVID-19 from spreading to the people we care about.

Printable information can be found on the following link:

<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/public>

Physical Distancing

Physical distancing is the practice of reducing close contact between people to slow the spread of infections and viruses. For COVID-19, the following physical distancing actions are recommended: stay two metres (six feet) away from other people, avoid groups of people and cancel social gatherings. Physical distancing also means we cannot use our usual social greetings, such as handshakes, hugs and kisses.



Printable information can be found at:

<https://www.fnha.ca/Documents/FNHA-Physical-Distancing-Dos-and-Donts-Poster.pdf>

<https://www.fnha.ca/Documents/FNHA-The-Math-Behind-Physical-Distancing-Infographic.pdf>

Staying Connected Virtually and by Phone

Social media, Face Time, Skype or phone calls are great ways to stay connected with families, Elders, community and resource staff. We can share stories, songs, dances and so much more with each other!

HandWashing Tips. Hand soap-consider activities to assist in proper handwashing

<https://www.fnha.ca/Documents/FNHA-Prevent-COVID-19-by-Washing-Your-Hands-Poster.pdf>

Cleaning/sanitization tips.

Do they need supplies? Provide fun activities to inspire all of the family in staying healthy and safe: https://www.fnha.ca/WellnessSite/WellnessDocuments/HP_Housekeeping-Manual.pdf

Sustainable food supply. As your program is closed, you may want to consider providing a warm meal or supplies that families can use to cook a meal together. Share recipes to inspire new healthy meals, various baking/cooking recipes such as fried bread, stews and fish soups.

Preparing Early Learning Materials and Supplies

Keep in mind that whatever you include in your outreach kit will remain with the families in order to “flatten the curve” during the COVID-19 pandemic.

You will need to prepare ahead of time for drop off to the home. The staff should have consider what materials/supplies are required.

Infant and Toddler Bag:

Include developmental toys, board books, activities, supplies and materials. These could include:

- ❖ Developmental toys
- ❖ Board books
- ❖ Play mat
- ❖ Stacking cups
- ❖ Puzzles
- ❖ Rattles
- ❖ Fine motor skill resources
- ❖ Plastic table cover (for messy activities)
- ❖ Tape
- ❖ Playdough (for tots)
- ❖ Paints (for tots)
- ❖ Cookie cutters and rolling pins
- ❖ Nutritious snack
- ❖ Activities that would be beneficial and enjoyable for the child and family

Preschool Bag:

Include early literacy books, glue, crayons, scissors, colouring book, blank paper, puzzles, playdough, other relevant activity materials and general supplies. It could include:

- ❖ Early literacy books
- ❖ Glue (sticks and bottled)
- ❖ Scissors
- ❖ Colouring books
- ❖ Pencils
- ❖ Crayons
- ❖ Lacing shapes
- ❖ Counting activities
- ❖ Puzzles
- ❖ Plastic table cover (for messy activities)

- ❖ Paints and paint brushes
- ❖ Cookie cutters & playdough
- ❖ Tape
- ❖ Elastics
- ❖ Paperclips
- ❖ Felt markers
- ❖ Nutritious snack

Other ideas to Inspire:

You might include books that the program will lend on a weekly basis. Consider developing a sign-in/sign-out sheet and maintaining an inventory list for your own records.

Consider physical and outdoor time. Share ideas for dancing, singing and drumming. Share traditional songs, prayers, stories/legends or ways to inspire the use of our medicines/teas.

Early Learning Activities and Physical Indoor Activities

Printable information can be found on the following link:

<https://www.fnha.ca/WhatWeDoSite/CommunicableDiseaseControlSite/PublishingImages/what-we-do/communicable-disease-control/coronavirus/public/keeping-kids-active-during-the-pandemic.pdf>

