



First Nations Health Authority  
Health through wellness

## Aboriginal Head Start On-Reserve

### COVID-19 – Staying Connected

This resource shares ideas on ways your Aboriginal Head Start On-Reserve (AHSOR) program can stay connected to children and families during this period of restrictions caused by COVID-19. It shares some successful strategies used by our program staff as educational methods used by other early learning communities.

You'll find information on everything from using videos and putting together outreach resource kits to supporting families to create their own daily routines. We've also included links to other resources, activity guides, routine templates and more. Check them out!

Some AHSOR resources that might be of interest include:

- AHSOR COVID -19 Pandemic and Implementing and Outreach Delivery Model, and
- AHSOR Developing Outreach Resource Kits Re: Centre-Based Closures during COVID-19 Pandemic

### Reaching out through Videos

Some communities have shared videos of staff leading fun and engaging learning activities. These videos allow children to see their teacher(s):

- reading a story in their traditional language;
- sharing a traditional song or drum together;
- conducting a circle time;
- demonstrating a science or math experiment;
- going on a nature walk and collecting items for a craft;
- creating an art activity that has been provided in their resource kit; and
- sharing physical activities to demonstrate our thankfulness and prayers.

These are just a few strategies to provide educational activities for children and families.

### e-Learning

Some communities are using e-learning with their children. This simply means that teachers are using electronic technologies to connect to their children and families outside of the traditional classroom during COVID-19.



## Using Outreach Resource Kits to Stay Connected

Providing families with weekly resource kits is a terrific way to stay connected while offering high-quality early learning experiences during program closures. These kits include the materials and supplies needed to complete learning activities and might also suggest some ways to support daily routines and healthy interactions. Many communities have provided healthy snacks in the kits, or ingredients and recipes for making a meal or baking bread.

Some communities may even have a program and/or community-based website page to provide updates to families and share fun daily or weekly interactive activities. These activities are inclusive for the whole family and can be completed using the items provided in the resource kits or common items found in the home environment.

**Looking for ideas? Check out these links:**

<https://www.fnha.ca/Documents/FNHA-Keeping-Kids-Active-During-the-Pandemic.pdf>

<https://www.fnha.ca/about/news-and-events/news/good-medicine-keeping-active-at-home>

## Helping Families to Establish Routines



You are champions in providing routines in your daily early learning programming. Sharing examples of what a daily routine looks like in the classroom with your families is a great way for parents to establish routines at home.

You can support families to create their own daily routine with their family by providing sample charts and encouraging the whole family to participate. You might also want to share the problem-solving and/or guidance strategies we use in our programs.

### Sample routine activities in a daily chart

- Wake up, get dressed, brush teeth, wash hands and face, brush hair
- Wash hands, prepare/clean up the space for cooking, set the table. Share the meal together and then clean up after breakfast, lunch, snacks and dinner
- Quiet time: reading, colouring, doing puzzles, arts/crafting, etc.
- Free time: include some tips on how to limit screen time
- Physical activity: go for a walk, go on a bike ride, do some yoga
- Culture and language: encourage singing, drumming, praying, using rattles, etc.
- Bath time and bedtime: brush teeth, put on pajamas, enjoy quiet time reading a book, etc.



First Nations Health Authority  
Health through wellness

You might want to include some “transition tips,” such as “Five more minute songs” ahead of cleanup or letting children know the activities planned for the afternoon.

### Sample chart link

<https://www.pinterest.ca/pin/387591111652444377/?autologin=true&lp=true>

### Sample guidance and problem-solving strategies links

[https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/child-day-care/guiding\\_childrens\\_behaviour\\_april\\_2017.pdf](https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/child-day-care/guiding_childrens_behaviour_april_2017.pdf)

<https://heartmindonline.org/resources/5-step-problem-solving-for-young-children>

### Sample home schooling for older siblings links

<http://www.fnesc.ca/covid19/>

<http://www.fnesc.ca/march-27-2020-update/>

<https://www.firstvoices.com/>

<https://www.littleearthlingblog.com/homeschooling-hacks/amp/>

<https://happyfamilyblog.com/homeschool-schedule-for-parents-with-no-experience-homeschooling/>

### Other sample links

Caring for Each Other: How to Use Sesame Street in Communities Resources for Health Emergencies with Families Now

<https://www.youtube.com/watch?v=LbD5CxouR7E>

<https://blog.storypark.com/2020/03/coronavirus-resources-for-families-in-isolation/>

<https://blog.storypark.com/2020/03/activities-to-do-at-home-with-children/>

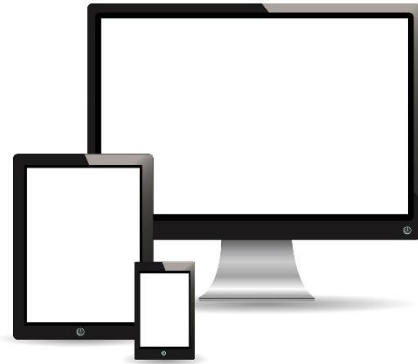


First Nations Health Authority  
Health through wellness

## Getting Creative with Technology

There are many tools to stay connected with your own team, as well as teams outside our community and your community as a whole. These technologies and tools include:

- Program/Community Closed Facebook Groups or web page(s)
- Monthly e-Newsletters sent via email
- Community e-Newsletters
- Telecommunications such as Skype
- Zoom and video conferencing
- Vimeo and live streaming/video players
- Daily check-ins via satellite radio



Telus has announced it is connecting families in need and is extending low-cost high-speed Internet programs to more low-income Canadian families.

<https://www.telus.com/en/about/news-and-events/media-releases/telus-extends-low-cost-high-speed-internet-program-to-more-low-income-canadian-families>.

<https://www.telus.com/en/about/company-overview/community-investment/how-we-give/cause-campaigns/internet-for-good>.

**For up-to-date information on the coronavirus, please visit us at:**

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