

PARENTING YOUNG CHILDREN DURING COVID-19

MISSOULA COUNTY

Parenting is always challenging, and during COVID-19 these challenges can increase. It is normal to feel this extra stress. Stress may come from finances. It may come from working from home while caring for your child. It may come from dealing with any number of other changes in your life. Missoula always has some great resources for parents, and now there are new options just for parents during COVID-19. All families need a little support with parenting. We welcome your calls during this uniquely challenging time.



GENERAL SUPPORT FOR PREGNANCY AND PARENTING

- Are you feeling stressed about pregnancy, parenting, or have questions about your child's behavior or healthy development? Call the Missoula City-County Health Department to be connected to a **free nurse, dietitian or trained parent educator** that can help you with any questions or concerns. Call this number to set up a conversation: **(406) 258-4298**
- This brief guide has information about legal issues and recommendations for talking with your children about COVID-19:

https://www.familiesfirstmt.org/uploads/1/2/8/3/128324689/parenting_in_the_age_of_covid-19.pdf

SUPPORT FOR PARENT STRESS



- Find tools for stress management in families at the Families First online resource center. You can find free streamed yoga classes, activities, and more!
<https://www.familiesfirstmt.org/stressmanagement>
- Added stress makes parenting more difficult. Anyone looking for tools to manage their own stress can find online classes at The Learning Center at Red Willow. Course information and registration available at:
<https://www.redwillowlearning.org/>

UNDERSTANDING YOUR CHILD'S DEVELOPMENT

There's no reason to wait and see. If you have questions or concerns about a child's development—including language, learning, movement, or behavior—call the Child Development Center for support. Children have the best outcomes when we act early! **(406) 549-6413**

MANAGING CHALLENGING CHILD BEHAVIOR

Parents and children alike may be struggling as routines are disrupted and families spend more hours together.

- Families First Learning Lab offers an online platform with information and tools for understanding your child's emotions: <https://www.familiesfirstmt.org/family-relationships>
- Healthy Start Missoula features information about upcoming parenting classes and helpful videos for families in need of support: www.healthystartmissoula.org

CHILD SAFETY

- Safe Kids provides information about **safe installation and use of car seats**: ultimatecarseatguide.org. For information about local car seat check-up options call Safe Kids Missoula at **(406) 926-2522**.
- **Virtual car seat checks** are available to make sure your seat is safely installed:
 - AAA – aaa.com/carseats
 - Britax - us.britax.com/press/britax-checking-station
- Safe Kids also offers information on **home safety**: <https://www.safekids.org/coronavirus-resources-keep-kids-safe-injuries>

NUTRITION

- **WIC**: Income eligible women and their children (up to age 5) can receive food vouchers, breast pumps, education and other support. Call to sign up: **(406) 258-4740**



ONGOING ONE-ON-ONE SUPPORT

A trained educator can meet with you online on a regular basis. This ongoing support allows you to build a relationship with your support person through programs that are proven to benefit parents and children alike. Programs are free and can switch to in-person sessions when social distancing measures are not in effect.

Child Development Center	Missoula City-County Health Department	Missoula Early Head Start	Watson's Healthy Foundations
For children with suspected delays or disabilities, including autism and early intervention services. (406) 549-6413	Support for healthy pregnancies, infants and children. Breastfeeding and nutrition support, parent skill-building, and accessing resources. (406) 258-4298	No cost services for parents of 0-3 year-olds and pregnant women, if income eligible. (406) 251-9410 ext. 323	Services designed to help new-borns get off to a healthy start. Enrollment occurs prenatally or within 3 months of birth. (406) 546-7806