



## **Family Support Resources**

Finding ways to breathe, laugh and play together 😊

### **Parenting and Fun Learning Resources:**

- **Triple P-Positive Parenting Program** at Smart Start Rowan is free and helps parents with strategies and ideas that can make family life more enjoyable. Please contact **Shurna Rabsatt-Family Support Program Lead** at [Srabsatt@smartstartrowan.org](mailto:Srabsatt@smartstartrowan.org) or 704-603-3353 if interested in participating.
  
- Come and join the fun at Smart Start Rowan **Kaleidoscope Play and Learn Groups**. You and your children can join our [Better Together Positive Parenting Rowan Facebook](#) group Tuesdays, Wednesdays and Thursdays at 10am-10:30am for virtual playgroups. Contact **Ermalyn Jaeck-Parent Educator** at 704-603-3367 or [Ejaeck@smartstartrowan.org](mailto:Ejaeck@smartstartrowan.org) to join the group.
  
- Dept. of Public Instruction – **NC Office of Early Learning**: Remote Learning Activities to support learning for children birth-grade 2: <https://sites.google.com/dpi.nc.gov/nck-3fap/home>
  
- **NASA at Home**-Let NASA bring the universe into your home: <https://www.nasa.gov/specials/nasaathome/index.html>
  
- **Scholastic Learn at Home**: <https://www.scholastic.com/parents/school-success/home-learning-resources.html>
  
- **Sesame Streets**: <https://www.sesamestreet.org/>
  
- **PBS Kids**: <https://pbskids.org/>
  
- **Dolly Parton Imagination Library**-Smart Start Rowan and Dolly Parton's Imagination Library are working together to get books into the hands of NC's youngest children. Your child will receive a book every month mailed right to your home. The program is free for children under the age of 5. To register your child, visit our website at [www.smartstart.org/dpil-registration](http://www.smartstart.org/dpil-registration).

- **Kaplanco**-Looking for resources to support at-home learning? Tune into Kaplan Live for helpful tips and strategies to champion learning through play. Streaming services and recording is free of charge. Simply sign up to enjoy unlimited access. <https://www.kaplanco.com/live>
- **Charlotte on the Cheap** have a few ideas (89 to be exact 😊) of activities for cooped up kids that don't involve screen time. <https://www.charlotteonthecheap.com/?s=activities+for+cooped+up+kids>

## **Food Assistance**

### **Locate Nearby Free Meal Sites**

- Text FOODNC to 877-877 to find local sites offering free meals. The texting service is also available in Spanish by texting COMIDA to 877-877.

**Find Free, Healthy Meals for Kids**  
During COVID-19 School Closures in NC

**Text FOODNC to 877-877**

Find info on delivery meals and more at [NoKidHungryNC.org/covid19](https://www.NoKidHungryNC.org/covid19)



### **New Mental Health Supports Available:**

- The Hope4NC Helpline is a mental health resource to support North Carolinians during [#COVID19NC](https://twitter.com/COVID19NC). Call 1-855-587-3463 for support 24 hours a day, seven days a week.
- The Hope4Healers Helpline (919-226-2002) is also available for health care professionals, emergency medical specialists, and first responders who are experiencing stress. Hope4Healers is available 24 hours a day, seven days a week.

### **Domestic Violence Support:**

- **Family Crisis Council - 24-HOUR CRISIS LINE 704-636-4718 EXT.1**

### **Prevent Child Abuse Reporting:**

- If you suspect a child is being abused, it is vital that you make a report to DSS *immediately*. It is not important that you have absolute proof. Make the call, express your concerns, and let the professionals ensure the safety of that child.

**Make a report by calling Rowan County Department of Social Services at 704-216-8499. Press 1 to connect with Intake.**

*You may always make a report anonymously.*

**If you feel there is an immediate safety concern, please call 911.**

**National Suicide Prevention Lifeline - 1-800-273-8255**

### **NC Dept. of Health and Human Services tips to Staying Healthy:**

There are some steps everyone can take to protect themselves and others from the spread of respiratory illnesses like COVID-19.

- Avoid close contact with people who are sick and put distance between yourself and other people.
- Use a cloth face covering when you may not be able to keep 6 feet between yourself and other people.
- Wash hands frequently with soap and water for at least 20 seconds at a time.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Do not reuse tissue after coughing, sneezing or blowing your nose.
- Clean and disinfect surfaces that are frequently touched. Disinfectants should be used by following label instructions. Don't mix chemicals, wear protective gear, use in a well-ventilated area, and store chemicals out of reach of kids.

**For more information you can contact Shurna Rabsatt-Family Support Program Lead at [Srabsatt@smartstartrowan.org](mailto:Srabsatt@smartstartrowan.org) or 704-630-3353. You can also visit our website at [www.rowan-smartstart.org](http://www.rowan-smartstart.org) or follow our Facebook page at [Smart Start Rowan](#) to get all the updates.**