



Helpful Resources for Families

Recommendations from the Executive Office on Early Learning (EOEL) for the COVID-19 crisis and beyond.

The Executive Office on Early Learning has curated a list of resources that families may find helpful during this extensive time at home with their children. As the state government agency in charge of coordinating early learning, we are providing materials that are appropriate for families with children from birth to kindergarten entry. However, there may be some resources that families with children any age may find helpful.

We have always emphasized the importance of positive adult-child interactions, which are key as children develop and learn. Interactive activities grounded in the science of child development promote high-quality learning experiences for children. Furthermore, particularly during these times, such experiences offer adults ways to provide the nurturing, stimulating, and secure environment children need. Children's identities and sense of self are embedded within the quality of respectful, responsive relationships with the adults who matter most in their lives.



Learning Together: Opportunities for Meaningful Interactions

Interactive Activities for Families and Children

Learning through meaningful interactions that support and enhance quality relationships are key for young children. These interactions impact children's ongoing learning in all areas, including language/literacy, mathematics, the sciences, the arts, physical and perceptual skills, and social-emotional well-being.

The links below provide descriptions of activities that benefit children's development and learning, promote meaningful interactions, provide parents with the opportunity to observe their children's engagement in learning, and foster positive adult-child relationships.

Activities by Age

[At-Home Activities for Infants and Toddlers](#)

[Playing with Babies](#)

[Activities for 6-18-month-old children](#)

[Activities for 18-to-36-month-old children](#)

[Activities for 3-to-5-year-olds](#)

[Activities for 5-to-7-year-olds](#)

Activities by Discipline

[Children's Museum Pittsburgh: Museum at Home Activities](#)

[Coding with Young Children](#)

[Easy Activities to Support Learning](#)

[Foundational Skills for Math](#)

[Learning to Grow Hawaii \(Family Child Care Home Resource Website\)](#)

[Number Talk](#)

[Spatial Reasoning](#)

[Wakelet: Learn at Home Pre-K-Kindergarten Resources List](#)

[Virtual Field Trips](#)



Music -- Singing and Movement -- Activities

Sample Pop Music

[Songs for Carmilla](#) (album)

- short covers and original songs by Christina Perri

[Can't Help Falling in Love With You](#)

- child & father singing

[You'll Be in My Heart](#) from Tarzan (start at 3:08)

- child & father singing

[Tomorrow](#) from Annie (start at 0:15)

- child & father singing

[Cantus](#) from Frozen

- choral performance

[Island Style & 'Oiwi E](#)

Sample Children's Songs

[Had a Little Rooster](#) (album)

- variety of short American folk tunes

[Zudio](#) (African-American Dance Game)

[Brush Your Teeth](#)

[Corner Grocery Store](#)

Sample Music from Other Cultures

[Al la nanita](#) (Spain)

[Shojoji](#) (Japan)

[Irish/Celtic Music](#)

- exposure to meter and rhythm

Sample Percussion Performances

[Hambone](#) (Body percussion for parents)

[Stomp Live](#)

[Mendiani](#)

- West African dance



Sample Instrumental

[Peter and the Wolf](#) (Prokofiev)

- With narration

Engaging with Infants

[Bouncing Your Baby](#) (tutorial with several rhymes)

[Dancing with Baby](#) (tutorial with several songs)

[Bouncing on My Knee](#)

[Rain is Falling Down](#)

[Peak-a-Boo](#)

Online Music Activities

- [Melody Maker](#)
- [Rhythm Maker](#)

Routines for Children

With schools closed, children are at home and their schedules -- as well as the schedules of parents and caregivers -- have been disrupted. It can be especially helpful during this time to establish new routines. Below are resources that can help you understand the importance of routines and schedules as well as build some basic ones that meet your family's needs.

[Daily Schedule for Children](#)

[Family Routines](#)

[Home Routines](#)

[Routines for the Very Young Child](#)



Screen Time Information

Professionals specializing in early childhood development and education have long urged parents and caregivers to be mindful of screen time with their young children. Generally, we recommend parents limit screen time for young children. We understand, though, that it might be harder to avoid screen time with children at home during the day while parents are expected to work. Below we're offering you some information about screen time and the importance of emphasizing authentic learning programming and positive adult-child relationships. We also want to remind parents that the most important thing is that children are safe and nurtured, so the materials below are meant to help parents and caregivers make sure any online activities are safe and respectful of children's learning needs.

[More Play, Less Screen Time from Hechinger Report](#)
[Screen Time and Children: New Findings](#)
[Screen Time and Children](#)
[Screen Time for Infants and Toddlers](#)
[Screen Sense for Children Birth - 3](#)
[Choosing Media Content for Young Children](#)
[Tap, Click, Read](#)

Development and Learning - Birth to Kindergarten Entry

This information may help you to understand where your child might be on the continuum of learning and development, and guide you in supporting your child's growth. These milestones/standards are used widely by early care and education providers in Hawaii.

Developmental Milestone References

[CDC Developmental Milestones Parent Guide](#)

Hawai'i Early Learning and Development Standards

[Early Learning and Development Standards](#)



COVID-19 Resources

During this crisis, there are specific tips for individuals and families that will help you stay safe. The resources below provide guidance on everything from talking to your young ones about the novel (new) coronavirus, to good hygiene and social distancing recommendations, to self-care for parents and caregivers. We are providing a curated list of trusted resources below to help with COVID-19-specific information and guidance. Please also stay updated with government and trusted news sources.

Talking with Children About COVID-19

[How to Talk with Kids About Coronavirus from New York Times](#)

[How to Talk to Your Kids About Coronavirus from PBS](#)

[Talking About COVID-19 from National Association of School Psychologists](#)

[Talking to Children about Coronavirus from CDC](#)

What to Do as a Parent or Caregiver During COVID-19

[More Play, Less Screen Time from Hechinger Report](#)

[Tips for Parents from Zero-to-Three](#), including:

- Talking about the Coronavirus
- Time at home
- Self-Care

Resources from Professional Organizations

[National Association for the Education of Young Children](#)

[National Head Start Association](#)

[Child Mind Institute: Supporting Families During COVID-19](#)

Government Updates and Guidance

Federal Government Resources

[Learn more about the novel coronavirus from the](#)

[CDC Handwashing Guidance](#)

[Checklist for Teachers and Parents](#)

State Government Resources

[Hawaii Department of Health COVID-19 Website](#)