

# ACT EARLY DC PARENT TOOLKIT



2021

# ACT EARLY DC PARENT TOOLKIT INTRODUCTION



The Act Early DC Parent Toolkit was designed to provide tips on how families/caregivers can support their young children during the COVID-19 Pandemic and beyond.

Act Early DC, a project of DC Autism Parents in partnership with the DC Developmental Disability Council, is funded by the Centers for Disease Control and Prevention (CDC) through the Association of University Centers on Disabilities (AUCD).



# ACT EARLY DC PARENT TOOLKIT

## ARE YOU STAYING CONNECTED?

Contact a **Families First DC Family Success Centers (FSC)**. Families from anywhere in DC can access services and build new relationships at any of the ten centers.

### Ward 7 Centers and Organizations

- Benning Terrace/Benning Park: East River
- Family Strengthening Collaborative (202-941-8547 or 202-257-3390)
- Clay Terrace: Sasha Bruce Youthwork (202-506-7264)
- Mayfair/Paradise: North Capital Collaborative (202-588-1800)
- Stoddert Terrace/37th Street: Life Deeds (202-575-4400)
- Benning Road & Minnesota Avenue: East River Family Strengthening Collaborative (202-870-0779)

### Ward 8 Centers and Organizations

- Woodland Terrace: Smart from the Start (202-610-2000)
- Anacostia: Martha's Table (202-328-6608)
- Congress Heights: Far Southeast Family Strengthening Collaborative (202-889-1425)
- Washington Highlands: A Wider Circle (240-687-3639)
- Bellevue: Community of Hope (202-407-7747 ext. 20250)

<https://cfsa.dc.gov/page/families-first-dc>



# ACT EARLY DC PARENT TOOLKIT

## ARE YOU WATCHING YOUR CHILD GROW?

As a parent, you already have what it takes to help your young child learn and grow, but knowing what to expect can make parenting a lot easier.

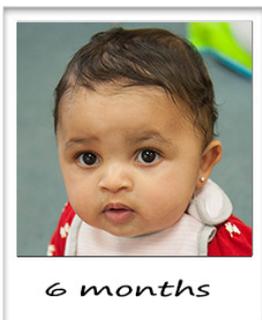
What most children do by this age:



- Coos, makes gurgling sounds
- Begins to follow things with eyes and recognize people at a distance
- Can hold head up and begins to push up when lying on tummy



- Babbles with expression and copies sounds he hears
- Uses hands and eyes together, such as seeing a toy and reaching for it
- Brings hands to mouth



- Responds to own name
- Begins to pass things from one hand to the other
- Rolls over in both directions (front to back, back to front)



- Understands “no”
- Looks for things she sees you hide
- Pulls to stand



- Uses simple gestures, like shaking head “no” or waving “bye-bye”
- Follows simple directions like “pick up the toy”
- May stand alone

To learn more,  
visit  
[ActEarlyDC.org](http://ActEarlyDC.org)

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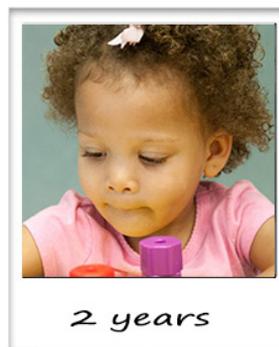
## ARE YOU WATCHING YOUR CHILD GROW?

As a parent, you already have what it takes to help your young child learn and grow, but knowing what to expect can make parenting a lot easier.

What most children do by this age:



- Says several single words
- Can follow 1-step verbal commands without any gestures; for example, sits when you say "sit down"
- Walks alone



- Knows names of familiar people and body parts
- Follows two-step instructions such as "Pick up your shoes and put them in the closet."
- Begins to run



- Talks well enough for strangers to understand most of the time
- Understands what "two" means
- Runs easily



- Tells stories
- Names some colors and some numbers
- Hops and stands on one foot up to 2 seconds



- Uses future tense; for example, "Grandma will be here."
- Counts 10 or more things
- Can use the toilet on her own

To learn more,  
visit  
[ActEarlyDC.org](http://ActEarlyDC.org)

# POSITIVE PARENTING TIPS

**Positive Parenting:** behaviors you can do to help your child love, trust, explore, and learn.



Talk to your baby.

Sing to your baby and play music.

Spend time cuddling and holding your baby.

Play with your baby.

Read to your baby every day.

Create a daily routine (mealtimes, playtime, nap time, bath time, and bedtime).



Give your toddler simple choices.

Help your child to pretend play.

Introduce a new feeling each day.

Play games that involve simple rules, such as Red Light, Green Light.

Teach your child how to share.

Talk to your child about real danger and make-believe danger.



## ARE YOU DOING SELF-CARE?

Take time for yourself every day.

Here are some tips:

- Rest
- Exercise
- Listen to your favorite music
- Read a book or magazine
- Watch your favorite TV show
- Take a warm bath or shower
- Light a candle and sit in silence



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# ARE YOU STRESSED OUT?

Contact your health care provider or the **Access HelpLine** at 1(888)7WE-HELP or 1-888-793-4357 (24-hour, seven-day-a-week)

<https://dbh.dc.gov/service/access-helpline>



## DO YOU NEED HELP?

Prior to COVID-19, many families worried about paying their bills, having safe shelter, access to health care, and providing food and clothing for their children. Now far more families are facing these challenges, many for the first time. Asking for help to support our children is one of the most important things parents can do.

In this section, you will find the following resources to help you access:

Food

Diapers

Financial advice

Health Insurance

Help with Rent or Utility bills

Internet



# **NEED FOOD?**

## **Supplemental Nutrition Assistance Program for Women, Infants and Children (WIC)**

202-442-9397

<https://www.dcwic.org/how-to-apply-for-wic>

## **Supplemental Nutrition Assistance Program (SNAP)**

202-727-5355

<https://dhs.dc.gov/page/apply-recertify-benefits>



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# NEED DIAPERS?

## **Bread for the City**

202-561-8587 or 202-265-2400

## **Dupont Park Seventh Day Adventist Church**

202-583-7416

## **Educare**

202-727-5604

## **Martha's Table**

202-328-6608

<https://greaterdcdiaperbank.org/our-programs/diaperhubs/>



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**NEED FREE FINANCIAL ADVICE?**

## **DC Financial Navigators Program**

202-231-7908

email [fn@upo.org](mailto:fn@upo.org) or visit [finnav.org/interest-dc](http://finnav.org/interest-dc)



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# NEED HEALTH INSURANCE?

**DC Health Link**

855-532-5465

<https://dchealthlink.com/>



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**NEED HELP WITH RENT OR  
UTILITY BILLS?**

**STAY DC Program** at 833-4-STAYDC

7:00 a.m. - 7:00 p.m.

Monday through Friday

<https://stay.dc.gov/>



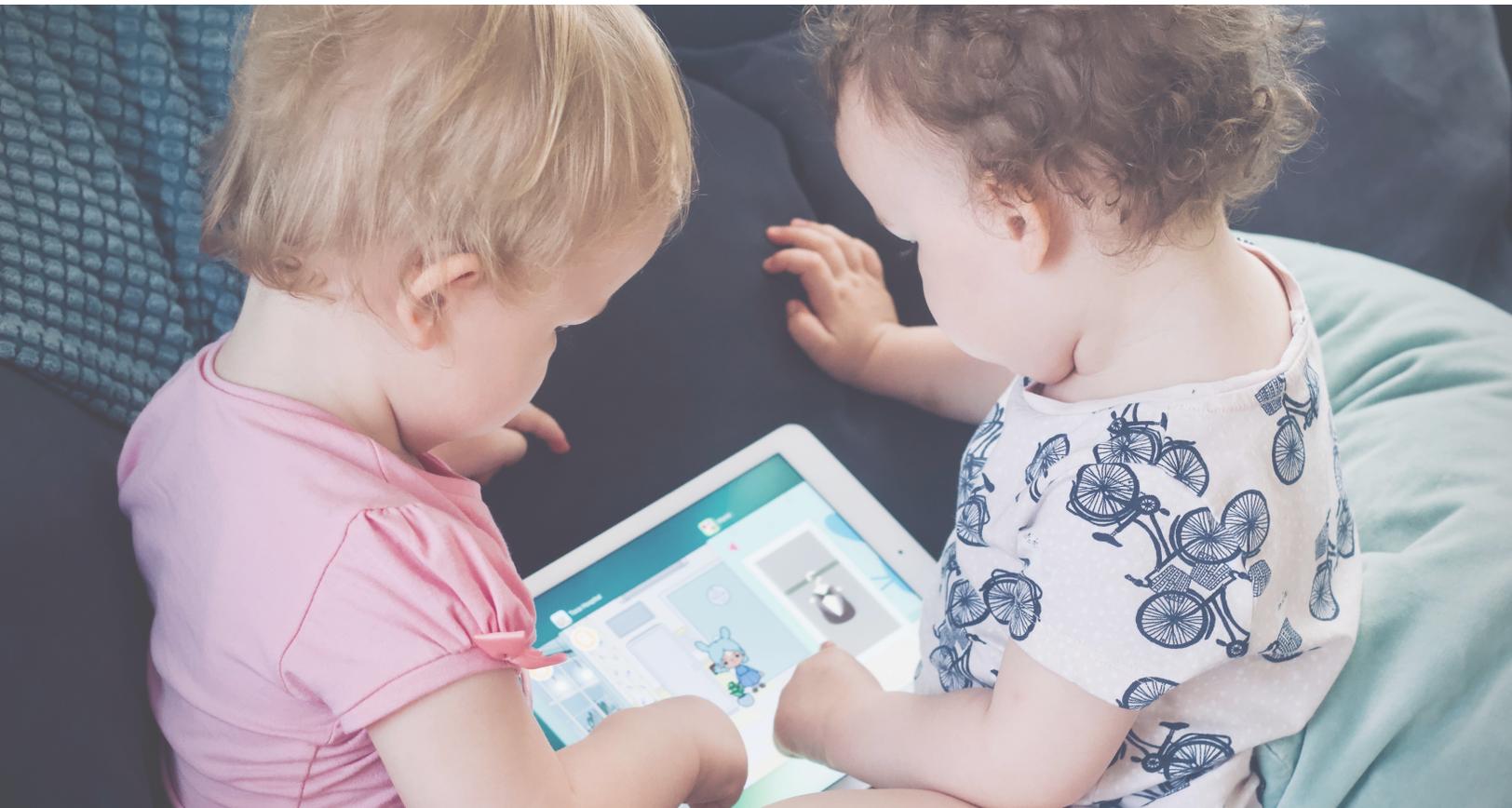
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## NEED INTERNET?

**Comcast Internet Essential** (\$9.95/month): (855) 846-8376; <https://internetessentials.com/apply>.

**RCN Internet First** (\$9.95/month): (800) 746-4726;  
<https://www.internetfirst.com>

**Verizon Fios** (\$19.99/month): (800) 837-4966;  
<https://www.verizon.com/info/low-income-internet/>



# ACT EARLY DC PARENT TOOLKIT

# CONCLUSION

Thank you for using the DC Act Early Parent Toolkit. We Hope you have found this to be a quick and easy way to find help in times of need. Please share this toolkit with others.

This toolkit was developed by Yetta Myrick, CDC's Act Early Ambassador to the District of Columbia and President and Executive Director of DC Autism Parents (DCAP), with the support of DCAP Treasurer, Pauline G. Myrick.

This toolkit would not have been possible without the help of our partners:

- DC Developmental Disability Council
- DC Title V Program
- Strong Start Early Intervention Program
- Early Stages
- DC Health
- DC Help Me Grow
- DC Chapter American Academy of Pediatrics
- DC Head Start Association
- Child and Family Services Agency
- Children's National Hospital-Child Health Advocacy Institute
- Thrive by Five DC
- Advocates for Justice and Education, Inc.
- University Center for Excellence in Developmental Disability (UCEDD) at Georgetown University
- DC Women, Infant, and Children (WIC) Program
- SPACeS in Action

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