## TIPS TO PREVENT THE SPREAD OF COVID-19\*

Wash hands regularly



Avoid close contact with others



Cover your cough



Eat a balanced and healthy diet



Get a flu vaccine



#### www.helpmegrowfl.org

@HelpMeGrowFlorida





### COVID-19 AND YOUR CHILD









We understand that COVID-19 has disrupted your daily lives.

These disruptions pose a risk to the health and development of your child.

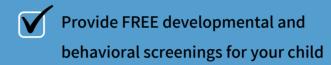
#### Call

2.1.1

AND ASK FOR
HELP ME GROW

# Help Me Grow can help your family through COVID-19.





Offer parenting tips and developmentally appropriate activities to do with your child









- Increased crying, whining, fussiness, or temper tantrums
- Increased clinginess
- An increase in self-soothing actions like thumb sucking, rocking, or needing their pacifier
- An increase in hitting, biting, spitting, or scratching
- Becoming quiet or withdrawn
- > Changes in eating, toileting, or sleeping

If you see any of these behaviors, call 2-1-1 and ask for Help Me Grow today!

\*Sources available upon request