

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

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COVID-19 AND YOUR CHILD

OFFICE OF
Early Learning
LEARN EARLY. LEARN FOR LIFE.

Children's
FORUM
...because kids can't wait

 **Help Me Grow**
Florida



*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.

- ✓ Connect you to essential services
(finding food, rent/mortgage payment assistance,
diapers, health insurance, unemployment benefits,
home access to internet, SNAP/Food stamps, mental
health and crisis)
- ✓ Provide FREE developmental and
behavioral screenings for your child
- ✓ Offer parenting tips and
developmentally appropriate
activities to do with your child
- ✓ Provide ongoing support



Your child might exhibit the following changes in behavior*:

- > 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 Becoming quiet or withdrawn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

