



## Developmentally Appropriate Parenting:

# Family Resource Series

As an early childhood nonprofit, Trying Together recognizes that a child's parent is their first and most important caregiver.

Caregivers' instincts and experiences are valuable and can be especially powerful in supporting children's long-term success when paired with research and science on the way that children learn and develop. But where can caregivers go to find information and resources?





Through the Developmentally Appropriate Parenting Series, Trying Together assists caregivers like you in creating high-quality learning experiences at the earliest stages of your child's life.

## Featured Content

The Series will include:

- information and resources that highlight early childhood topics,
- digital opportunities for caregivers to share knowledge, build relationships, and reinforce the skills they use while caring for young children, and
- the chance to connect with other parents and caregivers of young children.

As it is finalized, additional content will be made available on the Trying Together website and in-person when possible.

## More Information

To stay up-to-date on available materials, sign up to receive our newsletter: [bit.ly/receive-series-updates](https://bit.ly/receive-series-updates)

For questions about the Series, email: [info@tryingtogether.org](mailto:info@tryingtogether.org)

To learn more, visit: [tryingtogether.org/parenting-resources](https://tryingtogether.org/parenting-resources)

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## Part I:

Developmentally Appropriate Practice (DAP)



**Developmentally Appropriate Practice: an approach that early care and education professionals use to support the learning and development of young children birth to age nine.**

## Benefits

When using DAP methods, parents and other caregivers will:

- use strategies and activities that are proven to help young children learn,
- use hands-on learning activities to help young children develop practical knowledge and skills, and
- recognize the role of play in early childhood learning and development.



## Information and Resources

The following organizations provide information on the importance of play, playful events and activities, and more.

### **Playful Pittsburgh Collaborative:**

[playfulpittsburgh.org](http://playfulpittsburgh.org)

### **The National Association for the Education of Young Children (NAEYC):**

[naeyc.org/resources/topics/dap](http://naeyc.org/resources/topics/dap)

### **Pittsburgh Toy Lending Library:**

[pghtoys.org](http://pghtoys.org)

## Indicators of DAP Environments

In DAP environments, children:

- create rather than duplicate,
- move rather than wait,
- have opportunities to make choices,
- learn through experience rather than repetition,
- explore their own interests, and
- follow a schedule based on their needs.

### **View our DAP Guide for Families:**

[bit.ly/dap-family-guide](http://bit.ly/dap-family-guide)

### **View our DAP whitepaper:**

[bit.ly/DAP-whitepaper](http://bit.ly/DAP-whitepaper)

## What You Can Do

Pre-K for PA advocates to ensure children can enter school ready to succeed by making high-quality pre-k accessible to every three- and four-year-old in Pennsylvania.

**Join at:** [prekforpa.org](http://prekforpa.org)



**Part II:**

Childhood Physical Health



# Early Childhood Health Matters

Children's early experiences play a critical role in their physical development. To best support this growth, children need:

- access to fresh, healthy foods to receive the proper nutrition they need to grow,
- at least one to two hours of moderate to vigorous physical activity or active play daily, depending on age,
- caring, supportive relationships with others in environments that don't impose high-stress, and
- regular health screenings and wellness exams to monitor healthy growth and development.

Information provided by  
the Centers for Disease and  
Prevention (CDC):  
[cdc.gov/parents](https://cdc.gov/parents)



## Resources and Services

The following organizations provide information on health and human services; classes on childhood and family health topics; referral and service support; and more.

**COMPASS:** [bit.ly/compass-apply](http://bit.ly/compass-apply)

**Kids+ Pediatrics:** [kidspluspgh.com](http://kidspluspgh.com)

**Pennsylvania WIC:** [pawic.com](http://pawic.com)

## Incorporate Healthy Lifestyle Choices

In 2016, the CDC reported that childhood development itself is “an important determinant of health over a person’s lifetime.” To support healthy development, consider:

- exclusively breastfeeding your baby for the first six months (if possible), continuing for longer if feasible,
- making it easy for children to choose healthy snacks by keeping fruits and vegetables on hand, and
- limiting screen time to one hour per day or less for children ages two to five years old.

**For more tips, visit:** [kidshealth.org](http://kidshealth.org)

**To view the CDC report, visit:**  
[bit.ly/cdc-social-determinants](http://bit.ly/cdc-social-determinants)

## What You Can Do

**Childhood Begins At Home** is a statewide campaign to help policymakers and the public understand the value of and support public investments in evidence-based home visiting.

**Join at:** [childhoodbeginsathome.org](http://childhoodbeginsathome.org)



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For more information about childhood physical health, visit: [tryingtogether.org/parenting-resources](http://tryingtogether.org/parenting-resources)



### Part III:

Child Care



# Child care: More than just a day<sup>®</sup>

**#callitchildcare**

Early care and education professionals support children's healthy development and a lifetime of learning. That's why we call it child care.

The words we use when talking about child care matter.

To learn why, visit:  
[tryingtogether.org/callitchildcare](https://tryingtogether.org/callitchildcare)



## How to Find, Choose, and Pay For High-Quality Child Care: A Guide for Families

Trying Together released a family guide on identifying and accessing high-quality child care services. Quality programs may include:

- supportive caregivers who use a warm tone and communicate through touch, songs, and stories,
- a play-based curriculum,
- national accreditations and state designations, and
- regular family engagement opportunities.

**Read the full guide:** [bit.ly/child-care-find](http://bit.ly/child-care-find)

## Access & Affordability

The following organizations assist families and caregivers with identifying quality child care programs, paying for care, and applying for food, financial, health, and human services.

**Early Learning Resource Center Region 5 (Child Care Subsidy):** Call 1.888.340.3572 or visit: [elrc5.alleghenycounty.us](http://elrc5.alleghenycounty.us)

**Trying Together (Find Child Care):** [bit.ly/find-child-care](http://bit.ly/find-child-care)

**United Way of Southwestern Pennsylvania (Social Services):** Call 2-1-1, text your zip code to 898-11, or visit: [pa211sw.org](http://pa211sw.org)

## What You Can Do

Every family and child in Pennsylvania deserves access to high-quality, affordable early learning and care. Start Strong PA strives to make that happen.

**Join at:** [startstrongpa.org](http://startstrongpa.org)



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For more information on high-quality child care, visit: [tryingtogether.org/parenting-resources](http://tryingtogether.org/parenting-resources)



# COVID-19: Information for Families

Because of the 2019 novel coronavirus or COVID-19, families have had to make big changes to their daily routines and schedules. Although it has been tough, resources and services are available to provide support.

## Symptoms

Common symptoms of COVID-19 include fever, dry cough, shortness of breath, body aches, new loss of taste or smell, sore throat, and fatigue.

**If you or your child are experiencing symptoms, complete the Centers for Disease Control and Prevention (CDC) Self Assessment Tool to see if you should get tested and identify next steps:**

[bit.ly/covid-self-checker](https://bit.ly/covid-self-checker)



## How COVID-19 Spreads

COVID-19 spreads through person-to-person contact or by touching your mouth, nose, or eyes after coming into contact with surfaces contaminated with respiratory droplets from the cough or sneeze of an infected person.

## How to Protect Yourself and Others

To protect your family and reduce the spread of COVID-19:

- avoid touching your face, nose, and mouth,
- frequently wash and/or sanitize your hands,
- clean and disinfect commonly used items and frequently touched surfaces,
- wear a face mask when outside or interacting with people who are not in your household, and
- maintain at least six feet of distance from others when people outside of your household are present.

## Resources and Services

For information about COVID-19 and available support services, use the resources listed below.

**CDC:** [bit.ly/cdc-info-covid](https://bit.ly/cdc-info-covid)

**COVID-19 Alert App:** [bit.ly/covid-alerts](https://bit.ly/covid-alerts)

**Allegheny County Health Department:** [bit.ly/achd-covid](https://bit.ly/achd-covid)

**PA 2.1.1 Southwest:**

Call 2.1.1 or text your zip code to 898.211. Available 24/7.

**Trying Together:** [bit.ly/family-info-covid](https://bit.ly/family-info-covid)

**Optum (Free Emotional Support Helpline):**

Call 866.342.6892. Available 24/7.

For more information on COVID-19, visit: [tryingtogether.org/parenting-resources](https://tryingtogether.org/parenting-resources)