



Start with a survey:

- Use a survey to determine families' communication preferences.
- Discover what technology tools families have access to.
- Assess the resources that families need.
- Find out how families would like to be involved.

Use frequent and varied communication:

- Have as many methods and opportunities to communicate as possible.
- Use email blasts, video calls, telephone calls, quick positive notes home and paper newsletters.

Technology can be a tool:

- Great applications for communicating with families:
 - Seesaw, Remind, Bloomz, Storypark, Class Dojo
- Use video calls or telephone calls for conferencing and family meetings.
- Start a closed Facebook group for your program to keep families informed and engaged.

Offer virtual volunteer opportunities:

- Ask a family member to read a story to the class over telephone while you turn the pages.
- Ask for families' help planning virtual family events.
- Have conferences over the phone or video call.

Manage stress:

- Change is never easy, and anxiety can be high.
- Remember to be aware of your own stress level. Self-care is more important now than ever so that you can support others.

Resources for Support

National Parent Survey Report Information: <https://www.naeyc.org/resources/blog/5-things-teachers-should-know-about-parents>

How to use social media to engage families:

https://childcareta.acf.hhs.gov/sites/default/files/public/using-social-media-engage-families_cc-final-508_o.pdf

Tips for using technology to engage families:

<https://www.naeyc.org/resources/pubs/tyc/aug2016/10x-using-technology-engage-families>

Tips for educators to destress: <https://www.gse.harvard.edu/news/ed/19/01/5-easy-steps-helping-early-childhood-educators-de-stress>