

Did Covid impact my child in ways I don't recognize?

You may have noticed:

A delay in skills such as taking a first step, smiling for the first time, or waving "bye bye."

- A 2022 study found nearly twice the risk of developmental milestone **delays in communication and social development** in babies born during the pandemic.¹
- Typically, 1 in 6 children experience a developmental delay, **this number has increased** since the pandemic.
- As expected, evidence suggests the pandemic may be impacting young children's development. Long term impacts are not yet known, however, we do know caregivers (parents, teachers, grandparents) have a very important role in supporting young children's development.

How could this have happened?

Your child may have been impacted during the Pandemic as a result of:

- Fewer opportunities to play or spend time with friends and family
- More time spent on phones, tablets and watching TV
- Increased caregiver stress

What should I do now?

- Review your child's Developmental Milestones https://bit.ly/EDN_LearnGrow
- If you have concerns about your child's development, please call **1-888-806-6827** or go to <https://bit.ly/NebraskaChildFind>
- If your child is under the age of 3 you may contact the Early Development Network at <https://edn.ne.gov/cms>
- The Nebraska Family Helpline has resources for parents and families at **1-888-866-8660**

For additional resources, visit:
www.neinfantmentalhealth.org

¹Giesbrecht, G., Lebel, C., Dennis, C., Tough, S. C., McDonald, S., & Tomfohr-Madsen, L. (2022, February 3). Increased risk for developmental delay among babies born during the pandemic.

²Moyer, M.W. (2022). The COVID generation: how is the pandemic affecting kids' brains?, Nature, 601, 180-183.



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See the six actions you can take today on the following page.

Six actions you can take today to support your child's development:



TALK, TALK, TALK

Language is how we share experiences; you can help by creating opportunities to talk. As you do daily activities explain to your child what you are doing. Ask your child questions about what they are doing.

SING SONGS AND NURSERY RHYMES

These are a great way to expand language and build relationships. The repetitive nature is good for children, and they love to sing them again and again! Teach your favorites!

EXPAND ON YOUR CHILD'S SPEECH

Provide them with rich language, you can expand the words or non-verbal language that your child uses. For example, when your child points to a picture in a book, name what they are seeing.

BE WARM AND ATTENTIVE WHEN SPEAKING AND PLAYING WITH YOUR CHILD

When you provide supportive, warm interactions, your child is more likely to have better language skills! Let your child's interests lead their play and physically join them in a way that they can see your face.

READ A BOOK

Read with your child. Children that are read to and are involved in the reading thrive! Ask questions about what you are reading or ask them to find a picture on a page.

IDENTIFY WAYS TO REACH OUT

Research meaningful social supports in your area to lessen your stress and concerns. It is ok to ask for and receive help and support.

“ *The more that we can stimulate them and play with them and read to them and love them — that's what it's going to take.* ”



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