

# Noteworthy

A Child and Family Quarterly Update - November 2020

## Keeping Track of Your Child's Development

Remember to download the CDC's free milestone tracker app to track your child's development between 2 months and 5 years. You can also get tips from the CDC for encouraging development and find out what to do if you are ever concerned about how your child is developing! [Download the app](#) today!

## Helping Children Cope with COVID-19 Changes

The COVID-19 pandemic is forcing families to adapt to constantly evolving changes as schools, places of public gathering, and nonessential businesses are closing and reopening. [Click here](#) to learn how parents and other caregivers can help their families adjust to the new normal.

## Taking Care of Yourself

Parenting a young child can be stressful. It's important to remember to take care of yourself, too! It can be easier to support your children and meet their needs when your needs have been met. For tips, [click here](#).



## Staying Safe During the Holidays



Enjoy Thanksgiving activities and take steps to protect yourself and your loved ones. To learn more, [click here](#).

## Protecting Your Health

Getting a flu vaccine is the best way to protect against the flu, and it reduces the risk of serious flu-related illness requiring care in hospitals already strained by the COVID-19 pandemic. This [fact sheet](#) explains why getting the flu shot is important, especially to the disability community, and provides recommendations and resources from the CDC.



## Reading Corner

Sharing a book can provide quiet moments of joy and comfort. It is important to have these positive interactions everyday with people you love, especially during stressful times. Children love reading with someone they love; it helps build language, healthy brains and comforting routines. Ruby Finds a Worry is a story about what to do when a worry won't leave you alone. It provides a window to discuss worries that might be occurring in these very uncertain times.



Centers for Disease Control and Prevention

[www.cdc.gov/actearly](http://www.cdc.gov/actearly)  
1-800-CDC-INFO

