



Especially for Littles

Greetings for a Caregiver

During this time of Social Distancing, your child may be longing to see caregivers or other special people in their lives. Here are a few ways for your child to reach out to a grandparent, babysitter, teacher, or friend:

- **Record a musical message.** Make a short video of you and your child singing a favorite song, showing off some dance moves, or just saying hello. Send your video through text message, email, or your favorite app.
- **Call or video chat.** Make a call on speakerphone or have a video chat. We love these tips from Zero to Three for how to meaningfully involve young children in video chats, <https://www.zerotothree.org/resources/2535-five-tips-to-make-the-most-of-video-chats>
- **Send a card.** There are endless ways kids can make cards, anything goes! Ask your child for their ideas about how to make a creative card, or simply give the youngest children some safe, art supplies and some medium to heavy weight paper and let them inspire you.

- If you want to save a blank space for a written message, cover that area of the paper with painters tape before giving it to your child. When they're done, remove the tape and write your message! Or, simply write on a different piece of paper, and glue it on top of the finished art.

- "Hug" cards are fun! You'll need 2 strips of construction paper, 2 traced and cut handprints, and a glue stick. Accordion fold the strips of paper, and glue one handprint (thumb-side up) to the end of each strip. Then, glue the other end of each strip to the interior edges of the card. When you fold the strips down and close the card, the hands should come together, ready to pop open when your special person opens the card!

