



Be the Voice! Support Children & Families and We Can Weather this Storm Together

March 27, 2020

Dear friend,

Children's Defense Fund-Ohio is committed to serving and working on behalf of Ohio's most vulnerable children. We pledge to make sure that children - who have no voice, no vote, and no power – have strong and effective advocates working on their behalf every single day. As part of this commitment, we will provide you with just in time coverage and information about what we can all do to make sure

children and their parents have their needs met – especially during these times where so many are suffering as a result of the COVID-19 Pandemic.

Thank you for your continued support during this time and your partnership in making sure that our children and families have the supports they need to weather this historic storm. We must act now and buoy our spirits with the belief that we can and will create a brighter future for our children and grandchildren. Yes – we will weather this storm together and with that I will leave you with the ancient fisherman’s prayer:

Dear Lord, Be good to me, the sea is so wide and my boat is so small.

Peace be with you and your families.

Tracy Nájera
Executive Director, Children's Defense Fund-Ohio

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Thank you for your continued support during this time and all that you are doing – from practicing social distancing, helping others in your community, and staying informed about what must be done to strengthen our social compact with each other in our society.



What \$2 Trillion Stimulus Package Means for Ohio's Children and Families

March 27, 2020

On Wednesday night the [Senate passed a \\$2 trillion stimulus package](#) designed to help stabilize the U.S. economy and provide some relief for the millions of Americans who are feeling the immediate economic impacts of the COVID-19 pandemic. To date, the House is expected to vote on this bill sometime this weekend. The financial help significantly needed right now when so many households who have one or two income earners have been sent home, laid-off, or furloughed in efforts to “flatten the curve.” Read more [here](#).



Ohio Must Act Now to Protect Ohio's Children and Families

March 26, 2020

A society is measured by its treatment of its most vulnerable, which includes the children who cannot vote, lobby, or have a voice in the halls of power. Today, we are in the midst of one of our nation's most daunting challenges as a result of the COVID-19 pandemic. This is the time for Ohioans to come together and figure out solutions to meet our challenges and a time for unwavering resolve and leadership in supporting our most vulnerable children and families. Read more [here](#).



Helping Children Cope with Stress in the Era of COVID-19

March 15, 2020

The COVID-19 public health crisis represents a natural disaster unlike any we will experience in our lifetime. We may feel general sense of fear and worry, experience economic stress, and concern of potential health risks that may be faced by our loved ones or ourselves. It's also during these times that we have the capacity to pull together as communities and when the best of humanity can shine through. Read more [here](#).

What can you do:

Self-care resource: We can only do our best work and rise to the challenges of this pandemic when we are taking care of ourselves and minding our stress. This resource from PBS provides some simple and valuable tips that serve as good reminders.

- [Staying Calm During Crisis: 5 Tips for Self Care](#)

Support for parents of children: Times of stress and calamity can be significantly more difficult for parents who are managing their own stress and helping their children cope through uncertainty and isolation during this age of social distancing. This resource from the Child Mind Institute also provides office hours for parents and caregivers in how they can navigate their own stress and support their children.

- [Supporting Families During COVID-19](#)

Support others in your community: There are over 1.8 million public school children and many private school children whose school year has ended abruptly. For many of these children, hunger is an everyday challenge and one that only gets worse on the weekend or in the summer. With school closing, many of these children do not have the food they need to stave off hunger and be healthy.

- [Consider Donating to Ohio's Foodbanks](#)

Advocate for child and family-focused policies: Call your representatives in the state legislature in support of [policies discussed](#) to support for children and families to get the health coverage and access to services they need to be healthy.

- Find out who represents you in the [Ohio House](#) and the [Ohio Senate](#).