

Dear Families,

We had quite a shake-up on Friday and we're hoping your family, children and teachers are well and beginning to recover. Being in an earthquake is a frightening experience which brings additional stress related to your family, home, work, and child care.

The State of Alaska Child Care Program Office (<http://dhss.alaska.gov/dpa/Pages/ccare/default.aspx>), the Municipality of Anchorage Child Care Licensing and **thread** are working together to support you with your child care needs following the earthquake. We have a plan to contact child care programs impacted by the earthquake to confirm which programs are open. For those child care programs that are closed, we will be assisting them with the support they need to open as soon as possible.

Updates will be available on **thread's** website and Facebook page. (www.threadalaska.org)

In the meantime...

- Follow your child care program's guidelines and procedures for services following a natural disaster. Contact the program directly for the status of the facility, procedures and closures. If you are unable to reach your program, call the Municipality of Anchorage Child Care Licensing Office at (907) 343-4758 or HHSCCL@muni.org (link email). Outside of the Municipality, the Alaska Child Care Program Office can assist you at (888) 268-4632.
- Get the Anchorage School District's (ASD) earthquake updates. (Link: <https://www.asdk12.org/2018earthquake>) Currently, all ASD facilities and non-ASD afterschool activities are closed until December 10, 2018. Updates are available in multi-languages. <http://www.muni.org/Pages/2018EarthquakeMutiLanguageMessage.aspx>
- Work with your employer. If you are returning to work and need child care, review your policies for taking time off. Alternatively, ask your employer about your options for working from home, bringing your child to work or flexing your time.
- Check in with your community. Family, friends, neighbors, or your local church or place of worship may be able to provide temporary child care.
- Find out where you can take your kids this week. **thread** (<https://threadalaska.org/index.cfm/COMMUNITY/COMMUNITY-OVERVIEW/270>), the State of Alaska Child Care Program Office, and the Municipality of Anchorage will share this information with you as it becomes available.
- If you are in a parenting crisis or need more comprehensive social services assistance, contact the Alaska Parent Line by calling 2-1-1 or visiting www.alaska211.org. (LINK)

Use these resources and guidelines to help your children to cope with their experience.

- Parent Guidelines for Helping Children after an Earthquake
National Child Traumatic Stress Network
<https://www.nctsn.org/resources/parent-guidelines-helping-children-after-earthquake>

- Helping Children After a Natural Disaster: Information for Families and Educators
National Association of School Psychologists
https://www.asdk12.org/cms/lib/AK02207157/Centricity/Domain/1199/Helping_Children_After_A_Natural_Disaster_Info_FINAL.pdf
- Natural Disaster Resources for Schools and Families
Alaska Department of Education & Early Development
<https://education.alaska.gov/tls/schoolsafety/docs/ResourcesforNaturalDisasters.pdf>

Enjoy the time with your family. It's an opportunity to get outdoors, cook or play games together!

The Municipality of Anchorage Child Care Licensing and thread are open for business beginning today, Monday, December 3, 2018. The State of Alaska Child Care Program Office in Anchorage will return to work on Tuesday, December 4, 2018. (Won't need this after today)

We will be back soon with an update.