

RESOURCES FOR FAMILIES DURING COVID-19

BASIC NEEDS

National Diaper Bank Network

If you or someone you know is in need of diapers, there may be assistance available in your community.

<https://nationaldiaperbanknetwork.org/get-help-now/>



WIC

Updates on the NYS WIC program during COVID-19 are provided on the Department of Health website.

<https://www.health.ny.gov/prevention/nutrition/wic/>

1-800-CHILDREN

Helpline for families with NYS-specific resources and information.

We're all in this together...

**NEED HELP? HAVE QUESTIONS?
DON'T KNOW WHERE TO TURN?**

CALL 1-800-CHILDREN

The Helpline at 1-800-CHILDREN is an information and referral line that can help direct you to the services you need. It is free, confidential, and multi-lingual.



Prevent Child Abuse
New York

RESOURCES FOR FAMILIES DURING COVID-ID

DAILY SCHEDULE IDEAS

Have you found a schedule that works for your family while school's out? Check out these ideas and create a schedule that works for you! Activities and times can be modified based on the needs and ages of your children.

Daily Schedule Ideas for Home

Time	Activity	Examples
6:30 – 9:00 am	Get ready for the day!	• Eat breakfast, brush your teeth, get dressed, make your bed
9:00 – 10:00 am	Math	• Count, measure, and sort items in your home • Resources online on Brainpop, Brainpop Jr., and PBS Kids
10:00 – 11:00 am	Science	• Resources online on Brainpop, Brainpop Jr., PBS Kids, and Scholastic Learn at Home
11:00 am – 12:00 pm	Free Play	• Legos, drawing, playing music, baking, dress up • Virtual field trips online on Google Arts and Culture
12:00 – 12:30 pm	Lunch	• Enjoy time together!
12:30 – 1:00 pm	Clean Up	• Wipe down tables, chairs, door handles, and light switches
1:00 – 2:00 pm	Quiet time	• Reading, writing stories, puzzles, naps
2:00 – 2:30 pm	Movement Break	• Have a dance party with your own music or search the following videos on YouTube: <ul style="list-style-type: none">◦ Let's Get Fit Count to 100, Jack Hartmann◦ Baby Shark Dance, Baby Shark Official◦ If You're a Kid (Dance Around!), Harry Kindergarten Music◦ Cosmic Kids Yoga
2:30 – 3:00 pm	Snack Time	• Talk about what you're going to do next
3:00 – 4:00 pm	Outside or Free Play Inside	• Take a walk or play outside near your home if it's warm enough (with social distance)
4:00 – 6:00 pm	Dinner	• Cook dinner together • Talk about your favorite part of the day!
6:00 – 8:00 pm	Free Time until Bed	• Follow your usual after dinner schedule before bed



**Council on Children
and Families**

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PARENTING DURING A PANDEMIC

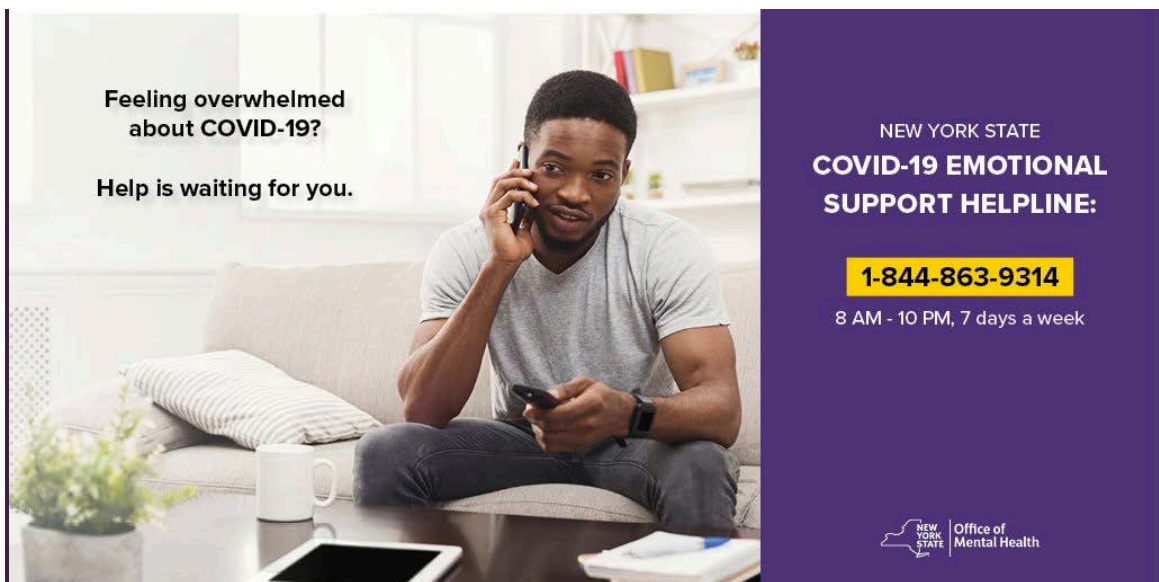
Caring for Each

Check out Sesame Street’s Caring for Each Other page for free resources to help provide comfort, create routines, and keep families physically and mentally healthy.

<https://www.sesamestreet.org/caring>

COVID-19 Emotional Support Helpline

You can call the Emotional Support Helpline for help with anxiety, stress, depression, trauma, and grief.



Feeling overwhelmed about COVID-19?
Help is waiting for you.

NEW YORK STATE
COVID-19 EMOTIONAL SUPPORT HELPLINE:
1-844-863-9314
8 AM - 10 PM, 7 days a week

NEW YORK STATE | Office of Mental Health

COVID-19 Tips for Parents (video)

Dr. Stroud has provided this informational video for parents in order to support caregivers in managing the emotional responses and developmental needs of their children during this crisis.

https://www.youtube.com/watch?time_continue=21&v=MdKeau2huT4&feature=emb_logo

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NYS Parent Portal

Parenting tips, activities and information on how to talk to your children about the Coronavirus.

<https://www.nysparenting.org/coronavirus-resources-parents>

Parenting in a Pandemic

How do we maintain stability in the midst of unpredictability?

<https://www.psychologytoday.com/us/blog/the-healthy-child/202003/parenting-in-pandemic>



Plain Language Booklets on COVID-19

Plain language booklets available in English and Spanish on the Coronavirus created by Green Mountain Self-Advocates.

<http://www.gmsavt.org/>

Talking about the Coronavirus with kids by Manuela Molina

Supporting and reassuring children around the world with a children's book in different languages.

<https://www.mindheart.co/descargables>

Time to Come In, Bear: A Children's Story About Social Distancing

A short story to help parents and children begin to talk about social distancing.

https://www.youtube.com/watch?v=DA_SsZFYw0w&feature=emb_title

Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care

Keep self-care in mind during the COVID-19 Outbreak.

<https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>



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AT HOME ACTIVITIES

NPR

Yes, You Can Take Your Kids for a Walk

Pediatricians say families should get outside, but avoid playgrounds because they encourage children to play closely together.

<https://www.npr.org/2020/03/19/817423237/yes-you-can-take-your-kids-for-a-walk>



Oishei Children's Hospital

Tips and Resources for Staying Safe, Healthy and Having Fun in the Times of COVID-19

Along with food and community resources for Western New York, this document contains autistic-specific resources about handwashing and staying home; relaxation and emotional wellness; physical fitness; staying connected with friends, family and community; educational resources and just for fun activities and other helpful information.

<https://www.nysparenting.org/application/files/7815/8584/6071/TipsandResources.pdf>

Public Broadcasting Service – PBS Kids

Looking for activities and tips to keep your child playing and learning at home? Sign up for the PBS Kids weekday newsletter now!

https://www.pbs.org/parents/pbskidsdaily?source=tw&fbclid=IwAR3C1ztxWdP36Qs-M8Ek7BzzvowQJI4vBxe5-XX_dHDJnFzDyHqzvYfg6so

Find Ways to Play and Learn on PBS Kids for Parents!

<https://www.pbs.org/parents/>

Play a Storytelling Game

Print out story cube PDFs and practice storytelling by rolling homemade dice to tell a unique story!

<https://www.pbs.org/parents/crafts-and-experiments/play-a-storytelling-game>



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Too Small To Fail

Talking is Teaching Family Staycation Kit

10 fun ways you can talk, read, sing, and play at home!

https://talkingisteaching.org/Staycation?fbclid=IwAR3VOgkYHWxdDAS6ebllxWIUWP9gO0v8404zyb1xG6rL2JBZ6Gglilqr_Y

Handwashing: A Family Activity

Help your kids develop handwashing skills and make handwashing a part of your family's daily life.

<https://www.cdc.gov/handwashing/handwashing-family.html>



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MOVEMENT ACTIVITIES

Dance Party

Have a dance party with your own music.



Simon Says

Movement breaks help with learning! Play Simon Says to get everyone moving.

Simon says...

- Bend your knees
- Bow
- Clap your hands
- Clap your knees
- Climb the stairs
- Close your eyes
- Cross your arms/legs
- Dance
- Freeze
- Give yourself a hug
- Hop on your left/right foot
- Jump
- Laugh
- Make a funny face
- Move forward/back one step
- Move like a robot
- Open your mouth
- Play the air- guitar
- Pretend to sit in a chair
- Put your hands on your hips
- Put your hands on your shoulders
- Put your hands on your stomach
- Put your thumbs up
- Raise your left/right arm
- Reach for the sky
- Roll your eyes
- Shake your body
- Shake your head
- Shake your left/right foot
- Sing a song
- Smile
- Snap your fingers
- Stamp your feet
- Stand on your left/right foot
- Stand on your toes
- Stick your tongue out
- Swim
- Touch your elbow
- Touch your mouth
- Touch your nose
- Touch your toes
- Turn around
- Walk on the spot
- Wave goodbye
- Wave with your left/right hand
- Wiggle your fingers

YouTube

Search the following videos on YouTube:

- Let's Get Fit Count to 100, Jack Hartmann
- Baby Shark Dance, Baby Shark Official
- If You're a Kid (Dance Around!), Harry Kindergarten Music
- Cosmic Kids Yoga

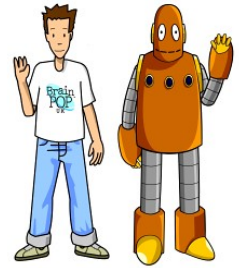
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FREE ONLINE RESOURCES

BrainPOP

Make any room a classroom with free access to BrainPOP resources while schools are closed.

https://go.brainpop.com/COVID19?utm_source=bp-com&utm_medium=banner&utm_campaign=coronavirus&utm_content=free-access



DayByDayNY

Check out the New York State Library's DayByDayNY website. DayByDayNY is a family literacy calendar that provides families with new songs, activities, and a free e-book every day!

<http://daybydayny.org/>

Scholastic Learn at Home

Scholastic is offering free online courses so children can keep learning while schools are closed.

https://classroommagazines.scholastic.com/support/learnathome.html?pr_omo_code=6294&eml=CM/smd/20200312//txtl/sm/ed&linkId=84269747

Time for Kids

Time for Kids Digital Library is free for the rest of the school year! Sign up for access to teaching tools, with worksheets and quizzes for families and teachers.

<http://ow.ly/PGfG50z1mMa>



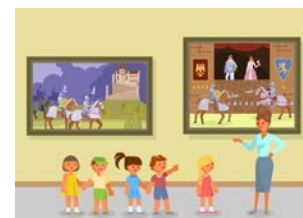
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VIRTUAL FIELD TRIPS

Access Mars

Looking for something fun to do today? Take a virtual walk on mars!

<https://accessmars.withgoogle.com/>



Farm & Food Care Farm Tours

Check out what life is like on the farm with 11 different farm tours with Farm & Food Care!

<http://ow.ly/PCLL50z1tI4>

Louvre Museum

Tour the Louvre Museum to see some of the most beautiful art in the world!

<https://www.louvre.fr/en/visites-en-ligne>



Metropolitan Museum of Art

Do you want to see the art and architecture at The Metropolitan Museum of Art? Check out these behind-the-scenes videos.

<http://ow.ly/3PBR50z1sxo>

San Diego Zoo

The San Diego Zoo has live cams of penguins, baboons, koalas, giraffes, elephants and more! Check it out here.

<https://zoo.sandiegozoo.org/live-cams>

Smithsonian's National Zoo and Conservation Biology Institute

There are live webcams available at the Smithsonian's National Zoo and Conservation Biology Institute. Take a virtual visit to see your favorite animal!

<https://nationalzoo.si.edu/webcams>

