

Educational Resources for Parents & Children during COVID19

PARENT RESOURCES:

1. Sesame Street - Resources, videos, and activities to help children cope with traumatic stress

<https://sesamestreetincommunities.org/topics/traumatic-experiences>

Sesame Street in Communities builds on our almost 50-year commitment to caring for the developmental, physical, and emotional needs of children. Thoroughly researched and tested with families, these resources are proven to make a measurable difference for kids, and make your job as a parent a little bit easier.



2. “What is Child Traumatic Stress?” The National Child Traumatic Stress Network.

https://www.nctsn.org/sites/default/files/resources//what_is_child_traumatic_stress.pdf

The National Child Traumatic Stress Network mission is to raise the standard of care and improves access to services for traumatized children, their family and community throughout the United States.

All families experience trauma differently. Some factors such as a child’s age or the family’s culture or ethnicity may influence how the family copes and recovers from a traumatic event. Trauma changes families as they work to survive and adapt to their circumstances and environment. While this adjustment may be smooth for some, for others the stress and burden cause them to feel alone, overwhelmed, and less able to maintain vital family functions. Traumas are frightening, often life-threatening, or violent events that can happen to any or all members of a family. Traumas can cause traumatic stress responses in family members with consequences that ripple through family relationships and impede optimal family functioning.



3. Talking with Children During Infectious Disease Outbreaks

https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006?referer=from_search_result

This fact sheet provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak. It describes potential reactions among youth and the support adults can provide to help them.



SAMHSA
Substance Abuse and Mental Health
Services Administration

4. Hechinger Report - What to do and not to do with young kids during the Corona virus.

<https://hechingerreport.org/stuck-at-home-with-young-kids-due-to-the-coronavirus-heres-what-to-do-and-not-to-do/>

The Hechinger Report covers inequality and innovation in education with in-depth journalism that uses research, data and stories from classrooms and campuses to show the public how education can be improved and why it matters.



5. Child Care Aware of America - The latest Coronavirus webinar, maps and resources in one place for child care professionals and families

<https://www.childcareaware.org/coronavirus-landing-page/>



Child Care Aware® of America works with more than 400 state and local [Child Care Resource and Referral](#) agencies nationwide. The organization leads projects that increase the quality and availability of child care, undertakes research, and advocates child care policies that positively impact the lives of children and families.

6. Child Mind Institute: Article describing how to talk to young children about the Coronavirus <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most.



7. Early Learning Matters (ELM)

<https://www.militaryonesource.mil/media/news-and-releases/boost-learning-at-home-with-tips-from-early-learning-matters>

Developed by Purdue University for use in Department of Defense (DoD) child development centers and provides children with a strong foundation by promoting skills linked to school readiness, well-being and life success.



Recognizing the stress and challenges the COVID-19 pandemic has placed on military families, we wanted to share some tips to promote your child's learning at home. These tips, Readiness Starts Early, are based upon the ELM curriculum and can be incorporated into daily activities you can do at home with your child. These tips focus on your preschool child's growth and development in the areas of social-emotional development, self-regulation, cognitive development, language and literacy, and math and science. We hope you will find them useful.

8. Resourceful Parents. Resilient Children. Ready Families.

<https://thrive.psu.edu/>

The Clearinghouse for Military Family Readiness at Penn State in partnership with the Department of Defense's Office of Military Community and Family Policy is implementing the THRIVE Initiative to empower parents as they nurture their children from the prenatal period until their children reach 18 years of age. The Initiative includes a series of face-to-face and online parenting programs and a range of online resources and interactive learning modules. Each THRIVE program guides parents in learning and using parenting and health promotion skills that are based on science. By supporting parents as they learn and practice effective strategies for raising healthy children, THRIVE fosters Resourceful Parents, Resilient Children, and Ready Families!



9. Military One Source

<https://www.militaryonesource.mil/coronavirus>

Resiliency Strategies



<https://www.militaryonesource.mil/family-relationships/family-life/keeping-your-family-strong/ways-to-practice-resilience-skills-during-challenging-times>

Uncertain times like these can present incredible challenges. Normal life has turned upside down because of coronavirus disease 2019, and no one knows when things will be settled again. Military families are used to uncertainty and challenges and already have skills needed to remain resilient in challenging times. The current COVID-19 situation can be an opportunity to practice your resilience skills and share them with others

<https://www.militaryonesource.mil/health-wellness/healthy-living/fitness-nutrition-active-living/health-and-wellness-coaching-for-teens>

Health and Wellness for Teen

Physical activity and time with friends are essential to the health and well-being of teenagers. But the coronavirus disease 2019 pandemic has isolated teens and sidelined them from team sports and many other activities.

If your teen is struggling with healthy eating, physical fitness or stress, a Military OneSource health and wellness coach can help. This free service is available to those 13 and up by phone and video.

CHILDRENS ACTIVITIES:

1. **NPR Just For Kids: A Comic Exploring the New Coronavirus - This comic answers kids' questions about the Coronavirus. It can also be printed and read to younger children.**

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus%C2%A0>

NPR is an independent, nonprofit media organization that was founded on a mission to create a more informed public. Every day, NPR connects with millions of Americans on the air, online, and in person to explore the news, ideas, and what it means to be human. Through its network of member stations, NPR makes local stories national, national stories local, and global stories personal.



2. **PBS Kids - Daily activities and tips to help kids play and learn at home.**

<http://www.pbskids.org>

PBS KIDS is committed to making a positive impact on the lives of children through curriculum-based entertainment. With a 360-degree approach towards learning and reaching children, PBS KIDS leverages the full spectrum of media and technology to build knowledge, critical thinking, imagination and curiosity. By involving parents, teachers, caregivers and communities as learning partners, PBS KIDS helps to empower children for success in school and in life.



3. **Wakelet - Free online story books for children**

<https://wakelet.com/wake/cc504e09-bfae-4d52-b558-dc5422668445>



Wakelet, is working to change the way people find, organize and share information. In a world of algorithmically-driven content, Wakelet puts people first, helping them organize and find the most relevant, authoritative and compelling content from across the web.

4. **National Geographic - Games, brain boosters, videos and more**

https://kids.nationalgeographic.com/?fbclid=IwAR3z3RD9_Ict8r0nk52eaKHxV1ESnwPZUZLlvPUHMOExoZZexhKQNFShmQ

The National Geographic Society uses the power of science, exploration, education, and storytelling to illuminate and protect the wonder of our world.



6. **National Association for the Education of Young Children - Ten prop box ideas for learning centers**

<https://www.naeyc.org/our-work/families/10-prop-box-ideas-mini-learning-centers-home>

NAEYC promotes high-quality early learning for all children, birth through age 8, by connecting practice, policy, and research. We advance a diverse, dynamic early childhood profession and support all who care for, educate, and work on behalf of young children.



National Association for the Education of Young Children

6. Kid Builder APP: Activities for young children

<http://occhildrenandfamilies.com/about-us/publications/kid-builder-resources/>

A dynamic, mission-driven public agency, First 5 Orange County has a more than 20-year tradition of investing in the future of Orange County's children. Through partnerships and strategic resource allocation, we work to ensure all children reach their full potential. Our mission is to optimize the health and development of young children by promoting the importance of early childhood, encouraging innovation, and investing in systems of care.



Site is designed with links to each Kid Builder Kit age group from infant to five year old.

7. Smithsonian Educational Learning Lab

<https://learninglab.si.edu/>

The Smithsonian Institution is the world's largest museum, education, and research complex, with 19 museums and the National Zoo—shaping the future by preserving our heritage, discovering new knowledge, and sharing our resources with the world. The Learning Lab is about discovery, creation, and sharing.



8. New York City Schools

<https://www.schools.nyc.gov/docs/default-source/default-document-library/learn-at-home-2020/early-childhood-family-activities-accessible>

Children love to play—anytime, anywhere, and with almost anything. As they play, they're learning about the world around them and practicing important skills. To support their play, early childhood programs typically arrange their spaces into learning areas or centers.

The following activity suggestions are aligned to the Head Start Early Learning Outcomes Framework, the New York State Prekindergarten Foundation for the Common Core as well as the New York State Prekindergarten Learning Standards.



9. Non-Medical Counseling For Youth

<https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-onesource/non-medical-counseling-for-youth-now-available-by-video>

Children show stress in different ways. Your child may act out, be sad or fearful, or show signs of low self-esteem. To help your child cope with changes due to the COVID-19 pandemic, Military OneSource will offer video non-medical counseling sessions for children and teenagers.

