What emotional and social support resources are available for parents and students?

The Arlington Central School District has created a Family Wellness Resource guide which consists of resources for managing anxiety, managing screen time, addressing social isolation, and maintaining health habits. Two helpful resources that they offer are the PBS Kids for Parents activities for social skills and emotions and self-awareness. It is important that children know how to cope with and express their feelings during this time, particularly since these changes induce anxiety and loneliness.

Think Differently provides a range of resources to both parents and students based on the age of the child and the type of service required. Specifically, Think Differently will direct parents to advocacy groups and organizations based on the assistance that they need. They have created a Guide of COVID-19 Resources including a "Wearing My Face Mask Social Story" and an In-Home Educator Training Guide by the Anderson Center for Autism.

Dutchess-Orange Tutoring (DOT) provides free virtual tutoring to K-12 students in public school districts with local undergraduates and high school students in the Orange and Dutchess area. DOT seeks to help students who are at risk of being disproportionately affected by remote learning, including students with parents who do not have time to supplement their children's online learning, do not speak English as a first language, or do not have the ability to help their kids with their coursework. Parents can sign up for tutoring through this Google Form or contact DOT for further information at dutchessorangeturoring@gmail.com.