



RESOURCES FOR FAMILIES DURING COVID-19

BASIC NEEDS

National Diaper Bank Network

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

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

Keep your baby clean and dry. Dial 2-1-1 for immediate help.



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/>

To find your local WIC agency, call the ***Growing Up Healthy Hotline*** at 800-522-5006 and ask for the location nearest to you.

OTDA

The NYS Office of Temporary and Disability Assistance has several websites to access financial assistance and nutrition programs.

<https://otda.ny.gov/>

<https://mybenefits.ny.gov/mybenefits/begin>

<https://otda.ny.gov/workingfamilies/>

You can find the location of your local Department of Social Service here,

<https://otda.ny.gov/workingfamilies/dss.asp>, or by calling the toll-free statewide OTDA Hotline at 1-800-342-3009.

Hunger Solutions New York

Find information on how to get food and other resources.

<https://hungrersolutionsny.org/covid-19/>

New York State Education Department

Find out about school meals by contacting your school district, use this map to find your district if you are unsure of the district name, <https://www.strose.edu/nys-school-district-websites-by-region/>

New York City Department of Education

Find free meal distribution centers near you at www.schools.nyc.gov/freemeals.

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

COPING IN THE TIME OF COVID-19

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™**

**NEW YORK STATE
COVID-19 EMOTIONAL
SUPPORT HELPLINE:**

1-844-863-9314

8 AM - 10 PM, 7 days a week



Prevent Child Abuse New York

The Helpline at 1-(800) CHILDREN or 1-(800)-244-3736 is an information and referral line that can help direct you to the services you need. It is free, confidential and multi-lingual.

COVID-19 Emotional Support Helpline

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

www.omh.ny.gov or **1-844-863-9314**

National Suicide Prevention Lifeline

People may text **GOT5 to 741741** for Crisis Text Line or call the **National Suicide Prevention Lifeline** at 1 (800) 273-TALK.

Caring for Each Other

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>

PARENTING DURING A PANDEMIC

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>

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

The **Schuyler Center for Analysis and Advocacy** has compiled a body of informative links, phone numbers, and text numbers to connect families to resources that may be helpful during this stressful and challenging time.

<https://scaany.org/covid-19/covid-19-resources/>

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>

Caring for your Family during the COVID-19 Crisis: This Resource Guide from Prevent Child Abuse NY is intended to help navigate life with children through the pandemic and the days that follow. The Five Protective Factors serve to mitigate the negative impacts of trauma and this Guide is organized by each of the Factors.

<https://www.preventchildabuseny.org/>



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

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 cubes and practice storytelling by rolling homemade dice to tell a unique story!

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

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=IwAR3VOgkYHWxdDAS6ebIlxIWIUWP9gO0v8404zyb1xG6rL2JBZ6Gglilqr_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>

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:

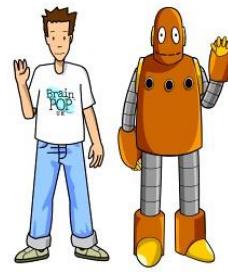
- Let's Get Fit Count to 100, Jack Hartmann
- Baby Shark Dance, Baby Shark Official
- If You're a Kid (Dance Around!), Harry Kindergarten Music
- Cosmic Kids Yoga

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?promo_code=6294&eml=CM/smd/20200312//txl/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>

ADDRESSING CHALLENGING BEHAVIORS AT HOME

National Center for Pyramid Model Innovations

The National Center for Pyramid Model Innovations has created an Emergency Situation page with resources.

<https://challengingbehavior.cbcs.usf.edu/emergency/index.html>.

One highlight is the **Tucker Turtle** for home

https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home.pdf

https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home_SP.pdf - Spanish

https://challengingbehavior.cbcs.usf.edu/docs/Stay-Calm_Infographic.pdf

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/PCLL50z1tl4>

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>