



## **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://hungersolutionsny.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](http://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!	• 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"><li>◦ Let's Get Fit Count to 100, Jack Hartmann</li><li>◦ Baby Shark Dance, Baby Shark Official</li><li>◦ If You're a Kid (Dance Around!), Harry Kindergarten Music</li><li>◦ Cosmic Kids Yoga</li></ul>
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

## ***COPING IN THE TIME OF COVID-19***



### **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](http://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](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](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-M8Ek7BzzvowQJl4vBxe5-XX\\_dHDJnFzDyHqzvYfg6so](https://www.pbs.org/parents/pbskidsdaily?source=tw&fbclid=IwAR3C1ztxWdP36Qs-M8Ek7BzzvowQJl4vBxe5-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=IwAR3VOgkYHWxdDAS6ebIIxIWIUWP9gO0v8404zyb1xG6rL2JBZ6Gglilqr\\_Y](https://talkingisteaching.org/Staycation?fbclid=IwAR3VOgkYHWxdDAS6ebIIxIWIUWP9gO0v8404zyb1xG6rL2JBZ6Gglilqr_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                  | ➤ Raise your left/right arm      |
| ➤ Bow                              | ➤ Reach for the sky              |
| ➤ Clap your hands                  | ➤ Roll your eyes                 |
| ➤ Clap your knees                  | ➤ Shake your body                |
| ➤ Climb the stairs                 | ➤ Shake your head                |
| ➤ Close your eyes                  | ➤ Shake your left/right foot     |
| ➤ Cross your arms/legs             | ➤ Sing a song                    |
| ➤ Dance                            | ➤ Smile                          |
| ➤ Freeze                           | ➤ Snap your fingers              |
| ➤ Give yourself a hug              | ➤ Stamp your feet                |
| ➤ Hop on your left/right foot      | ➤ Stand on your left/right foot  |
| ➤ Jump                             | ➤ Stand on your toes             |
| ➤ Laugh                            | ➤ Stick your tongue out          |
| ➤ Make a funny face                | ➤ Swim                           |
| ➤ Move forward/back one step       | ➤ Touch your elbow               |
| ➤ Move like a robot                | ➤ Touch your mouth               |
| ➤ Open your mouth                  | ➤ Touch your nose                |
| ➤ Play the air- guitar             | ➤ Touch your toes                |
| ➤ Pretend to sit in a chair        | ➤ Turn around                    |
| ➤ Put your hands on your hips      | ➤ Walk on the spot               |
| ➤ Put your hands on your shoulders | ➤ Wave goodbye                   |
| ➤ Put your hands on your stomach   | ➤ Wave with your left/right hand |
| ➤ Put your thumbs up               | ➤ Wiggle your fingers            |

### YouTube

Search the following videos on YouTube:

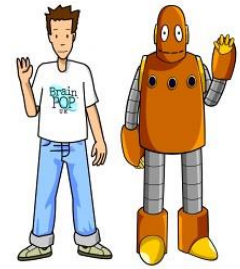
- Let's Get Fit Count to 100, Jack Hartmann
- Baby Shark Dance, Baby Shark Official
- If You're a Kid (Dance Around!), Harry Kindergarten Music
- Cosmic Kids Yoga

## 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](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&email=CM/smd/20200312//txtl/sm/ed&linkId=84269747](https://classroommagazines.scholastic.com/support/learnathome.html?promo_code=6294&email=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>

## 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.pdf)

[https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle\\_Story\\_Home\\_SP.pdf](https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home_SP.pdf) - Spanish

[https://challengingbehavior.cbcs.usf.edu/docs/Stay-Calm\\_Infographic.pdf](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/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/3PBR50z1sx0>

### **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>