

## **DEALING WITH COVID-19 TOGETHER: RESOURCES FOR SUPPORTING FAMILIES**

This is a list of free resources to support families during the coronavirus (COVID-19) pandemic. Information for educational professionals who work with families is also included. Resources are grouped by topic:

- Supporting Families' Basic Needs in Connecticut
- About Coronavirus (COVID-19)
- Managing Stress and Anxiety
- Advice for Parents
- Talking to Children
- Daily and Weekly Tips for Families
- Enrichment and Home Learning Activities
- Collections Of Resources From National Organizations
- Tips And Tools For Educators

### **Supporting Families' Basic Needs in Connecticut**

#### [2-1-1 Information and Resources to Help Families and Communities During the Coronavirus Pandemic](#)

A website and phone hotline for Connecticut residents that connect people with basic needs programs including financial assistance, housing, health care, insurance, food, transportation, emotional support and other basic needs. To speak to a trained specialist, call 211; available 24 hours a day, every day of the year. Source: 2-1-1 of Connecticut

#### [Connecticut Children's COVID Hotline and Information Center](#)

A phone hotline (833-226-2362) and website that answer general questions about the pediatric impact of the coronavirus and also provide direction to families and providers about when patients need to be seen by a specialist or in the hospital or emergency department. Source: Connecticut Children's Medical Center

### **About Coronavirus (COVID-19)**

#### [COVID-19 Information and Resources](#)

Graphic poster with basic information and resources. Source: CT Commission on Women, Children, Seniors, Equity and Opportunity

#### [Coronavirus: Multilingual Resources for Schools](#)

Multilingual fact sheets and infographics about COVID-19. Source: Colorín Colorado

#### [Just for Kids: A Comic Exploring the New Coronavirus](#)

Source: Malaka Gharib/NPR

## **Managing Stress and Anxiety**

### [Talk It Out](#)

When it builds up, talk it out. For parents and caregivers who need someone to listen, to understand and to talk your feelings out. Trained counselors answer the Talk it Out Line at 1-833-258-5011. Source: Talk It Out Connecticut

### [Stress and Coping](#)

Information for parents to reduce stress in themselves and their children. Source: Center for Disease Control and Prevention

### [Coping with Stress During 2019-nCoV Outbreak](#)

Graphic poster with tips for adults. Source: World Health Organization

### [Helping Children Cope with Stress During 2019-nCoV Outbreak](#)

Graphic poster with tips for supporting children. Source: World Health Organization

### [Helping Children Cope With Changes Resulting From COVID-19](#)

Source: National Association of School Psychologists

### [Helping Children Cope with Emergencies](#)

Age-based tips and resources for helping children. Source: Center for Disease Control and Prevention

## **Advice for Parents**

### [Parents - Being "Good Enough" Right Now is OK](#)

Tips and resources for parents to take care of themselves and their families during an uncertain time. Source: Anxiety and Depression Association of America

### [Self-Care in the Time of Coronavirus](#)

For parents, prioritizing your own well-being benefits your whole family. Source: Child Mind Institute

Also in Spanish: [El autocuidado en los tiempos del coronavirus](#)  
Dar prioridad a su propio bienestar beneficia a toda su familia.

### [Tips For Homeschooling During Coronavirus](#)

Tips to keep kids engaged (print and audio). Source: NPR

### [Selecting The Best Resources For Your Child](#)

Source: Families in Schools

Also in Spanish: [Seleccionando los mejores recursos para su hijo](#)

## [7 Guiding Principles for Parents Teaching from Home](#)

Understanding the “why” behind teaching practices can help parents create meaningful and effective at-home learning opportunities during the pandemic. Source: Edutopia

## [A Parent’s Guide to Surviving COVID-19: 8 Strategies to Keep Children Healthy and Happy](#)

Simple strategies can help parents with children under 10 to manage both learning and work during the COVID-19 outbreak. Source: Brookings

## [From a Teacher: You Don't Have to Strive for Perfection When Homeschooling Your Kids](#)

What teachers wish parents knew about home learning during COVID-19 related school closures. Source: Today

## **Talking to Children**

### [How to Talk to Your Kids About Coronavirus](#)

Source: PBS Kids

### [Talking to Kids About the Coronavirus](#)

How to help children feel informed and safe. Source: Child Mind Institute

### [Supporting Kids During the Coronavirus Crisis](#)

Tips for nurturing and protecting children at home. Source: Child Mind Institute

### [Coronavirus \(COVID-19\): How to Talk to Your Child](#)

Source: Kids Health

### [Trauma-Informed Guide for Families](#)

Age-specific recommendations for helping kids and families cope during the Coronavirus pandemic. Source: National Child Traumatic Stress Network

### [How to Talk to Your Anxious Child or Teen About Coronavirus](#)

General tips for communicating with an anxious child or teen about coronavirus. Source: Anxiety and Depression Association of America

### [Coronavirus \(COVID-19\): How to Talk to Your Child](#)

Print article and audio. Source: Kids Health

Also in Spanish: [Coronavirus \(COVID-19\): ¿Cómo hablar con su hijo sobre este virus?](#)

## **Daily and Weekly Tips for Families**

### [Daily Digest: COVID-19 Home Learning Resources](#)

Daily suggestions for easy-to-use activities and resources to support learning at home. Source: South Dakota State Family Engagement Center.

### [Get Daily Advice About COVID-19](#)

Sign up to receive daily tips in your inbox about how to support kids during the COVID-19 crisis. Clinicians share advice about structuring the day when kids are stuck at home, managing behavior, balancing work and child care, practicing mindfulness, and much more. Source: Child Mind Institute

### [PBS Kids Daily](#)

Daily newsletter with activities and tips you can use to help kids play and learn at home. Source: PBS Kids

### ["One Great Thing" Each Day for Learning at Home](#)

Every day, Ednavigator shares a great tip, book, activity and e-learning resource to support family learning. Source: EdNavigator

### [COVID-19 Tips for Stay-at-Home](#)

Provides tips and resources for successful distance learning, including links to activities to bring the family together. Parents can sign up for daily tips. Source: Prepared Parents

### [Weekly Grade-Based Newsletters](#)

Weekly newsletters for home learning with grade-level information. Source: Great Schools

### [30 Days of Good Things for Young Children](#)

Activities that support learning and development in academic, physical and social emotional growth. Source: Good Things for Young Children

Also in Spanish: [30 días de actividades maravillosas para niños](#)

## **Enrichment and Home Learning Activities**

### [Keep Learning: Resources to Support Families and Student Success](#)

List of curated learning resources by grade level and subject. Source: Families in Schools

Also in Spanish: [Sigam Aprendiendo: Recursos para apoyar a familias y el éxito de los estudiantes](#)

### [Make Learning Fun and Easy \(STEM Home Activity Guide\)](#)

Source: National Inventors Hall of Fame

### [Parent Toolkit - A One-stop Shop Resource for Parents](#)

Includes information on every aspect of a child's development, pre-k through high school, inside and outside the classroom. Source: Parent Toolkit

### [Scholastic Learn at Home](#)

Day-by-day projects to keep kids learning and thinking; for grades preK to 9. Source: Scholastic

### [CreatED At-Home Learning: Creative Resources for Families and Teachers](#)

Creativity-infused activities for exploring new skills in art, math, reading and science with children, all while making family time a learning adventure; grades preK to 8. Source: Crayola

### [PBS Kids 24/7 Channel](#)

Programs for kids ages 2-8. Available online and also on CT Public Television in Connecticut (check local listings). Source: PBS

### [Learning Hero Roadmap](#)

Tips to keep kids on track when school is closed with links to videos and grade-level activities that support learning at home. Source: Learning Heros

### [Home Reading Helper](#)

For pre-k through 3rd grade. Fun activities for families to elevate children's reading at home. Activities by grade level and specific reading skills. Source: Read Charlotte

### [Enriching Activities for Children To Do While Parents Are Working](#)

A database of activities created by parents for ages 0-18. Parents can search the activity List by age, level of parental involvement, indoors or outdoors, and whether or not it requires screens. Source: Enrichment Activities

### [Free Online Events and Activities for Kids at Home](#)

Authors, artists, musicians, and creators of educational tools are offering free lessons, tours, story times and concerts. This site is updated regularly as new events are announced. Source: Common Sense Media

## **Collections Of Resources From National Organizations**

### [Wide Open School](#)

A free collection of the best online learning experiences for kids that helps make learning from home an experience that inspires kids, supports teachers, relieves families and restores community. Sorted by age and interest. Updated regularly. Source: Common Sense Media

### [Tackling COVID-19 Together: Resources to Support Families](#)

Comprehensive list of resources to support families in dealing with the demands of school closures. Updated regularly. Source: Abriendo Puertas/Opening Doors

Also in Spanish. [Enfrentando COVID-19 juntos: Recursos para apoyar a las familias](#)

### [Resources for Practitioners, Educators, and Families in Response to the Coronavirus Crisis](#)

A large collection of learning resources, free or reduced-cost services, and information for supporting families during the Coronavirus crisis. Updated regularly. Source: National Association for Family, School and Community Engagement

## **Tips And Tools For Educators**

### [Engaging Families Virtually](#)

This guide includes resources and best practices for engaging parents and families virtually and fostering a sense of community while practicing social distancing. Source: TNTP

### [Guidance on Culturally Responsive Remote Education](#)

Defines culturally responsive remote education and includes resources for families and professionals. Source: The Metropolitan Center for Research on Equity and the Transformation of Schools at NYU

### [Tools for Educators to Listen to and Learn from Families During COVID-19 School Closures](#)

This document provides guidance for educators to listen to families and learn how they and their school can be most supportive during COVID-19 school closures. It offers sample emails, call scripts, and post-conversation reflection and action, and more for these conversations. Available in English and Spanish. Source: The Metropolitan Center for Research on Equity and the Transformation of Schools at NYU

### [Distance Learning During COVID-19: 7 Equity Considerations for Schools and Districts](#)

Source: Southern Education Foundation

### [Coronavirus: ELL and Multilingual Resources for Schools](#)

Resources to support English learners and their families during COVID-19. Source: Colorín Colorado

### [Family Wellness Check In](#)

This guidance provides school staff with a framework to connect with families during this difficult time and to let families know that you are thinking of them, concerned about them, and are available as a resource. Source: Flamboyant Foundation

### [Messages that Motivate: How to Craft Great Messages for Parents](#)

Video presentation on how to create text messages and emails that motivate and empower families to leverage teachable moments at home. Source: Ready4K

### [E-Learning Overload: 8 Tips Educators Can Give Frustrated, Anxious Parents](#)

Tips that educators can share with parents as the pandemic plays out. Source: EdWeek

### [Supporting Families and COVID-19: We've Got to Get This Right](#)

Ideas to help support families during the COVID-19 health crisis, especially those families most impacted and most vulnerable. Source: STEM Next Opportunity Fund.

Note: Inclusion does not endorse, represent or warrant the accuracy or reliability of any of the information, content, services or other materials provided by these educational service providers.