



Parent & Caregiver Resources (COVID-19)

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| <p>COVID-19 Resources</p> | <p>Communication about the virus:</p> <ul style="list-style-type: none">• Learn more about how to communicate with kids of any age about the virus with trustworthy links. <p>Self-care tips and ideas:</p> <ul style="list-style-type: none">• Tips to maintain our mental health so we can show up for ourselves and others. <p>From the National Child Traumatic Stress Network:</p> <ul style="list-style-type: none">• Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 <p>From the New York Times</p> <ul style="list-style-type: none">• Handling your kids disappointment when Everything is Canceled• COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families <p>The National Child Traumatic Stress Network</p> <ul style="list-style-type: none">• https://www.nctsn.org/audiences/families-and-caregivers• https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111• https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf• Official Websites for Coronavirus Information• Information Specific to Children and Adults with Disabilities• Webinars for Early Childhood Educators on Managing Infectious Disease• https://www.cdc.gov/coronavirusprevention |
| <p>Tips for Caregivers and Parents</p> | <ul style="list-style-type: none">• Coping during Covid-19• Tips for Working from Home While Under Quarantine with Kids• Sample Covid-19 Daily Schedule• Managing Anxiety and Stress in a Pandemic |



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| | <ul style="list-style-type: none"> • Taking Care Of Yourself! • Resources Created for Kids to Explain the Coronavirus • supporting-kids-during-the-covid-19-crisis • talking-to-kids-about-the-coronavirus • What to Do (and Not Do) When Children Are Anxious |
| <p>Educational Resources for Kids</p> | <p>CA Department of Education updates:</p> <ul style="list-style-type: none"> • Here's the latest guidance from CA Department of Education. • Resources to help support students with disabilities in the transition to distance learning. • http://www.amazingeducationalresources.com/ <ul style="list-style-type: none"> • ABC Mouse (Free home access to ABC Mouse. Redeem code SCHOOL7771 for FREE access to ABCmouse.com Early Learning Academy, Adventure Academy, and ReadingIQ during the period of school closure.) • CA Academy of Sciences lesson plans • Well-known children's stories translated into Spanish and spoken by a native Spanish speaker • Online resources to help parents amuse/educate their kids • Free Online Learning Programs for Kids to Do at Home • Scholastic - has created a free learn-from-home site with 20+ days of learning and activities • The Giant Room - Turn your room (or even your whole house!) into a GIANT Exhibition of your ideas and dreams • Free Homeschool Curriculum - Everything from preschool activities to 12th grade is here! • All-In-One Homeschool - list of thinking games by grade • Science Kids • e-learning for kids - Free and fun digital education for children worldwide • Khan Academy • GoNoodle • Audible Stories • |
| <p>Learning Games</p> | <ul style="list-style-type: none"> • Funbrain - Games, Videos, and Books for Kids |



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| | <ul style="list-style-type: none">• PBS Kids - Videos and Games• ABCya - Learning Games and Apps for Kids• Starfall• Highlights Kids - Activities, Videos, Games• National Geographic Kids - Games, Videos, Exploration• CoolMath4Kids - Math Games• Math Time Games - Math Games• Switch Zoo - Animal Games• Turtle Diary |
| Stay Home Ideas and Activities for the family | <p>These are some ideas to consider:</p> <ul style="list-style-type: none">• 12 Famous Museums Offer Virtual Tours You Can Take On Your Couch• 15 Virtual Field Trips Kids Can Take at Home• Super fun drawing activities on YouTube• Monterey Bay Aquarium live cams• Visit the Penguins and Coral Reef at the Cal Academy https://www.calacademy.org/academy-at-home• Science Channel your inner Bill Nye and try out these science experiments that you can do with stuff you have around the house.• Don't Scrap the Scrap Paper We all have scrap paper, so why not put it to good use with one of these upcycle projects.• Cook Together You can find loads of recipes for kids here.• Movie Night, Here We Come Put on the PJs, pop the popcorn and pick one of these family-friendly flicks that will have you all laughing on the couch.• Huge list on online resources to digest from toddlers to AP students to adults• Creative Activities to Stave Off Cabin Fever• Special-Edition Family Board Games |



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| Household Resources | <p>Internet/WIFI</p> <p><u>Comcast</u></p> <p>For the next 60 days, Comcast is offering free Wi-Fi service for everyone, and is giving current customers unlimited data for no additional charge. Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. Once at a hotspot, consumers should select the "xfinitywifi" network name in the list of available hotspots, and then launch a browser. For a map of Xfinity WiFi hotspots, go to xfinity.com/wifi.</p> <p>Utilities/Bills</p> <p><u>SMUD</u></p> <p>The suspension of power disconnection due to non-payment will last through March 31 as SMUD continues to monitor the evolving situation.</p> <p><u>Verizon</u></p> <p>Verizon will waive late fees and keep residential and small business customers connected if negatively impacted by the global crisis.</p> <p><u>Comcast</u></p> <p>Comcast says it will not disconnect a customer's internet service or assess late fees, so long as you call the company and let them know you can't pay the bill during this period.</p> <p>Other Resources</p> <p><u>U-Haul</u></p> <p>U-Haul is offering 30 days of free Self-Storage to students who need to move due to Coronavirus.</p> <ul style="list-style-type: none">• |
| East Bay Services Baby, Toddler & Preschooler Activities from | <ul style="list-style-type: none">• Fit4Mom – Offering daily workouts (and some playgroups!) for parents with little ones hanging with them. These are free and all are welcome. Details are here >• Kinetic Art Center – One Wee & Pre-Circus Class video is now online for free! |



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| | <ul style="list-style-type: none">• Melita's Music – Local kids musician and music class teacher, Melita Silberstein, is offering her engaging music classes online. Sign up here >• TumETime classes – This newborn class series, usually held in Berkeley, Oakland, Walnut Creek, and Alameda, has put sessions of baby play classes under the title Homemade Play for a small fee on a website. See the list >• Tutu School – The Montclair branch of Tutu School is offering streaming ballet classes for toddlers and preschoolers• The educators who run Classroom Matters, a Berkeley academic support service, have made remote tutoring available and they've put all their wisdom about Executive Function (what tweens and teens really need to thrive, focus, and persevere in the 21st century) into a workbook. It's a good time to focus on this topic. Amazon affiliate link to Mastering Executive Function for your convenience >• 3 O'clock Rock is offering 30-minute remote music lessons in the rock band genre via Zoom. Book a lesson here > |
| Placer Services | <p>Meal programs for children</p> <p>Roseville City and Rocklin Unified School District will continue to offer nutrition services for our students. Beginning on Monday, March 16, 2020, between 11 a.m. to 1 p.m., RUSD Food Services will be offering one breakfast and lunch. Monday through Friday, we will be offering both walk-up and drive-thru service (in the bus loop) at the following locations: Rocklin High School, Whitney High School, Spring View Middle School, Antelope Creek Elementary School, and Sierra Elementary School. Families can access this service at any of these schools regardless of school of residence. Unless you are an RUSD Adult Transition student, you must be 18 years or younger and must be present. There will be no cost to students regardless of eligibility.</p> <p>Foster/Homeless: If your family is living in transitional/temporary housing, supporting a foster youth, or experiencing a significant hardship and you need assistance accessing our free nutrition services during this time, please reach out to our District Office at (916) 624-2428.</p> <p>Schools will be contacting families about services and resources available to them during the closures, including distance</p> |



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| | <p>learning options and meals. School is expected to resume April 14.</p> <p>Placer County Community Food Closets/Meals: https://www.placer.ca.gov/DocumentCenter/View/6887/Food-Closet-Meals-and-Other-Services-PDF</p> |
| Santa Rosa/Sonoma Resources | <ul style="list-style-type: none">• Local education news to follow:• Santa Rosa City schools free meals• Sonoma Valley free meals |
| Greater Sacramento Resources | <ul style="list-style-type: none">• |
| Talking Points for Caregivers and Parents | L:\Yolo visitation program\Visitation Virtual Visits Talking Points - COVID-19.docx |
| | <ul style="list-style-type: none">• |