

For Parents:

Tips for Staying Connected

- <https://preventchildabuse.org/coronavirus-resources/>

Conscious Discipline Resources

- <https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/>

Zero to Three Tips For families

- <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

10 Nature Activities to Do with Kids

- https://www.childrenandnature.org/2020/03/16/10-nature-activities-to-help-get-your-family-through-the-pandemic/?mc_cid=831655f09b&mc_eid=8896fb837b&fbclid=IwAR022ndaokJ6iwGt8lXKub_6h2-RkJKdB_la1auMxyXT6OrnVcHWgoluHG4

Lots of free workouts if you or the caregivers you work with are missing the gym and exercise classes.

- https://active.popsugar.com/?utm_source=popsugar.com&utm_medium=topnav-button&utm_campaign=active-free-launch or <https://www.doyogawithme.com/>

PBS De-Stress During Coronavirus

- <https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

PBS How to Talk to Your Kids About

Coronavirus https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf

- <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

100 Activities to Do at Home

- <https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/>

Actor Reading Books Aloud (new one daily)

- <https://chipandco.com/actor-josh-gad-is-reading-books-to-kids-online-every-night-during-coronavirus-quarantines-383789/>

Ways to Help Cope with Kids at Home

- <https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/>

Embracing Virtual Connection Due To Social Distancing

- <https://www.guidancett.com/blog/embracing-virtual-connection-due-to-social-distancing-2020>

Tips for Families

- <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus?fbclid=IwAR2SQdGI2rI7P3WuSNqvpFM4g2pZs2v1n3TWzi1Hp950cPPvVEIsmLlzHuE>

Resources for Parents:

- https://www.roselapierre.com/resources.html?fbclid=IwAR2OBMpX_xYhxU50AzQUV8U1ZySK

Supporting Kids at Home

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>