

Parents
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❖ **Self-care for Parents**

How to get your work done and keep your children busy at the same time. (Parent Free Activities?)

✿ [Free Activities when you are Stuck Indoors: The ARC](#)

❖ **Tips for Homeschooling**

[How to Reduce the Stress of Homeschooling on Everyone](#), by Rebecca Branstetter, April 21, 2020 With nationwide school closures in effect, many parents are now monitoring homeschooling while at the same time trying to make a living in the midst of a terrible economic crisis. In this environment of broken routine and uncertainty, chances are your child is showing big feelings and challenging behaviors. In my work as a school psychologist, I've been hearing from parents that despite their best efforts, their children are struggling with meeting homeschool expectations. Kids who never showed behavioral or emotional challenges are experiencing issues, and kids who had some struggles before are showing an uptick of challenges. Here are three ways to support your child (and manage your own stress) during school closures that parents I work with have found helpful.

[Keep Calm and Structure On: How to manage emotions and build structure at home during COVID-19](#), by Elizabeth Sautter and Dr. Rebecca Branstetter | Mar 18, 2020. As co-creators of Make it Stick Parenting, we help parents teach their children social-emotional and behavioral self regulation through everyday activities at home. We are offering up this short free three-video series on how to set the stage for a more calm, supportive home environment during school closures.

[Surprise! You're Homeschooling! Here are some tips.](#) Whether due to COVID-19 or some other unforeseen event, families may find themselves suddenly in the position of educating their kids at home. This can seem daunting or even overwhelming. Here are some strategies to help your family survive, and perhaps even thrive, in this situation. From Kids Out and About.

Virtual tours for geography or social sciences

✿[Video Views of Great Parks](#)

✿[US National Parks 360 view by Google](#)

[13 Virtual Trainrides From Around the World You Can Do Right Now](#) (Videos)

◆ Homeschool based companies

[Khan Academy](#)

✿[Free, fun educational app for young kids | Khan Academy Kids](#)

✿[How to use Khan Academy Kids for remote learning:](#)

[Khan Academy Ages 2-18](#) We are here for you with free resources to keep everyone learning.

Scholastic: www.scholastic.com is offering free courses to students at home. Go to education tab

[Virtual/Online Classes](#) (from Kids Out and About) KidsOutAndAbout.com has created a list of classes that kids, teens, adults, or families can take online. Whether you need some help with math so you can help your child with math, you're looking for something new to do to keep your mind off the news, or you want to provide some structured time for your kids who are used to a by-the-bell school day, there are many options, and we're adding to our list every day! If you offer a class online that you would like to post, [click here for the form](#). Parents should screen these first to be sure they fit your family values.

School Crafts

Science

[30 Best Websites for Science for Middle and High School students](#)

Virtual Field Trip

- [St. Louis Aquarium](#) 3-4 times each week, the St. Louis Aquarium is providing free live videos with their animals and engaging those who are watching live. The videos are saved on their page once the video has ended.

Age-Related Resources

[Preschoolers](#)

Grades K to 2nd Grade

[Ways to teach writing without tracing sheets:](#)

Grades 3rd to 5th Grade

Grades 6 to 8th Grade

Grades 9 to 12th Grade

❖ **Schedule (Routine) at home**

❖ **Protect them while they have More Screen Time**

[Digital Detox](#)--free sign up--7 days of Tech Free Family Activities and Conversation Starters (Covenant Eyes)

[Bark](#) Connect to 30+ platforms to monitor text messages, emails, and social activity for signs of harmful interactions and content. [Click here for an overview of what Bark monitors.](#) Bark Jr. is \$49 annually, Bark is \$99 annually.

❖ **Books for Children**

About COVID-19 Book: [Oster and Butterfly](#), by Ana Gomez

Anxiety: *When Worry Takes Hold* by Liz Haske

Nightmares

Bullies

❖ **Games parents can play with their children**

❖ **Indoor Activities**

- I spy: make a list of items for your child to find inside your home
- [Family Team Freebies](#): Letter writing prompts for your children

❖ **Outside Activities**

- Chalk Obstacle Course (Google has many examples)

- [Puffy Sidewalk Paint](#) Just 3 ingredients plus water!
- [2 Ingredients Cloud Dough](#)

❖ **Activities for children with behavior issues**

Vestibular

❖ **Helpful Links to learn how to help your child**

[How to Talk to Your Child About COVID-19](#) From KidsHealth. Your kids are hearing about [coronavirus \(COVID-19\)](#). You want to make sure they get reliable information — and you want them to hear it from you. Here's how to talk about it.

❖ **Apps and Games for Emotional Regulation**

Breathe, Think, Do with Sesame: A resource app for you to share with your child to help teach skills such as problem-solving, self-control, planning, and task persistence. Your child helps a Sesame Street monster friend calm down and solve everyday challenges. The app helps your child learn Sesame's "Breathe, Think, Do" strategy for problem-solving.

Positive Penguins is an award-winning, top ranked, fun educational app developed for children to help them understand why they feel the way they do and help them challenge their negative thinking. The app aims to help children understand their feelings come from their own thoughts not the situations.ap and touch to help the monster friend take deep breaths, think of plans, and try them out.

❖ **Spiritual Growth for the Family**

- [MKids](#) This is a website (Facebook) filled with weekly video lessons for kids (2 videos are posted each Sunday. It's a good way to continue to teach kids about scripture. Kiddie Korner will have a craft for the kids at the end of each video/lesson and MKids Online often will have experiments taking place