



CALLING ALL PARENTS!

# Parent Resource Guide

We acknowledge that parenting is tough, especially during a pandemic! Check out the resources below to help you manage parenting while at home.

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# Parent Resources:



## CDC BACK TO SCHOOL DECISION MAKING TOOL



Are you struggling with making a decision regarding your child's upcoming school year? The CDC designed the Back to School Decision Making Tool to help parents, caregivers, and guardians weigh the risks and benefits of available educational options to make decisions about sending their child back to school. To check out the tool, click [HERE](#).

- If your child is going back to school, check out the CDC Checklist [HERE](#).



## CHILD MIND INSTITUTE



The Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders. For more information, visit their site [HERE](#).

- Check out Child Mind Institute psychologists discuss various topics on parenting [HERE](#)
- [Family Resources for Remote Learning](#)



## UNIVERSITY OF COLORADO HOTLINE

Call The University of Colorado's hotline for advice on transitioning to schooling at home. Talk with educators, health and safety specialists, home-schoolers, and more.

- Hotline number: 1-855-264-2051
- For other resources available through The University of Colorado, visit [HERE](#).

# Parent Resources:



## NATIONAL CENTER FOR LEARNING DISABILITIES



The National Center for Learning Disabilities created a Parent's Guide to Virtual Learning. Discover four action steps you can take to guide your child's journey through these unusual times. Find the guide, [HERE](#).



## NATIONAL PARENT HOTLINE



The National Parent Helpline is here for you and is open to parents and caregivers of children and youth of all ages! A trained National Parent Helpline Advocate is here to listen to you, offer emotional support, and explore new resources for your family.

- Hotline number: 1-855-427-2736
- For more information, click [HERE](#).



## TUTOR.COM



Tutor.com is offering FREE webinars for parents and students. Webinar topics include Parent Tips for Helping Kids Prepare for School, Time Management, Goal-Setting, and more! The 2020 Fall/Back to School Webinar Series will be arriving soon. To watch the webinars, click [HERE](#).

# Virtual Learning Resources:



**ACTION FOR HEALTHY KIDS**



Action For Healthy Kids created and collected resources to help parents and educators keep kids active and healthy while schools are closed or doing online learning. Check out healthy activities to do at home, virtual learning tips, and more [HERE](#).



**SCHOLASTIC BOOK COMPANY**



Scholastic Book's Learn at Home for Families supports learning at home for children ages 4-10 years old. Virtual lessons inspire children to grow the skills they need for school. To gain access and membership to Learn at Home For Families, visit [HERE](#).



**KHAN ACADEMY**



Khan Academy is offering free resources for students, teachers, and parents. Resources include exercises, quizzes, tests, and instructional videos to help students master skills. For more information on Khan Academy, click [HERE](#).



**PBS KIDS**



Are you wondering how to support your child during this very different school year? Look no further! PBS is offering a Back-To-School Checklist and Learn-at-Home Checklist to help kids foster a routine. To access the checklists, click [HERE](#).

- PBS Learning Media is also offering Resources for Emergency Closings (PreK-12) [HERE](#).



## EDUCATION.COM



From multiplication worksheets to color by number, there is a printable for everyone from grades Kindergarten - 5th grade at education.com. To start a free trial and look for the perfect worksheet, click [HERE](#).



## MATH LEARNING CENTER



The MATH LEARNING CENTER

Bridges Practice Books provides activities and worksheets for additional skill review, informal paper-and-pencil assessment, preparation for standardized testing, and more! Download practice books [HERE](#).



## AMAZING EDUCATIONAL RESOURCES

Search for amazing educational resources submitted by educators. Tons of resources and downloads available by grade level (PreK - Adult) and category/subject. View resources [HERE](#).

# Positive Screen Time Activities for Kids



## NATIONAL GEOGRAPHIC KIDS



National Geographic Kids offers endless resources for children and parents. From homework help resources to science experiments and amazing animal stories, National Geographic has it all. Start exploring [HERE](#).



## OUTSCHOOL



Does Harry Potter Cooking Camp or Pokemon Arts & Crafts sound fun? Outschool is offering live online classes and camps! Discover fun, social, and safe learning experiences for kids ages 3-18. Classes start at \$10. Start browsing [HERE](#).



## VIRTUAL TOURS

Explore Mars, watch hippos at the San Diego Zoo, and more! Check out these virtual tours for sights all around the world. For a list of tours, visit [HERE](#).



## MISS MEGAN'S CAMP KINDERGARTEN

Miss Megan is a former kindergarten teacher and is bringing structure and routine to kids' lives! Follow her Facebook page for "morning sessions", fun experiments, story time, and more! To see what the former teacher has to offer, click [HERE](#).



## ACTIVITY HERO

Activity Hero provides online courses and self-directed learning experiences ideal for after-school programs and out-of-school time. To learn more, click [HERE](#).

# Entertainment for Kids



## KIWICO

Do you want to inspire your kids? KiwiCo offers fun, interactive, and enriching activity boxes for kids that science, technology, engineering, art, mathematics, and more! To order a box and learn more, click [HERE](#).



## XO-LP

Attention coloring-book fanatics! XO-LP is offering FREE coloring pages for kids to enjoy. Whether your child enjoys crayons, markers, or colored pencils- find the perfect print [HERE](#).



## PLAYWORKS



Ready, Set, Move! Help your children stay active by downloading the [Play at Home Playbook](#). You can also find tutorial videos for games that you can play in your home, with little to no equipment. Click [HERE](#) to start playing!



# Entertainment for Kids



## KAHOOT! *Kahoot!*

Kahoot! has interactive games to make learning fun and to reinforce concepts. You even have the option to video conference with other players! In addition to the free resource, select apps are available for purchase. Check it out [HERE](#).



## SCIENCE BOB

Science Bob is an online source of ideas and instructions for at-home science experiments. Check out experiments from making ice cream in a plastic bag to building a volcano! To start experimenting, click [HERE](#).



## AMERICA'S TEST KITCHEN

Attention foodies! Find kid-friendly recipes and online cooking lessons for children through America's Test Kitchen. Find recipes and lessons [HERE](#).

# Apps/Podcasts



## STORYLINE ONLINE

Storyline Online

Books and celebrities? Say no more! Check out Storyline Online for a collection of books read by celebrities like Oprah Winfrey, Kristen Bell, and more! Storyline Online is available 24 hours a day for children, parents, caregivers, and educators worldwide. Find a book (or celebrity) [HERE](#).



## AUDIBLE



Audible is offering free access to audio books for children and teens. Discover stories of all different genres! Stories are also available in several different languages. Listen [HERE](#).



## LIFE KIT: PARENTING PODCAST



Check out the Life Kit: Parenting podcast by NPR to help get you through tough parenting moments. To start listening, click [HERE](#).



## HEADSPACE



Headspace is a mindfulness and meditation app that can be used for both adults and children. Discover breathing exercises, visualization techniques, meditation sessions, and more! Start your free trial [HERE](#).



## KHAN ACADEMY APP

Khan Academy offers an educational app for everyone- from first grade to post-grad, there is an endless amount of subject topics. To download the app, visit [HERE](#).

## zzZ CALM APP *Calm*

The Calm app is a mindfulness and meditation app for people of all ages! Check out the free trial to learn about the basics of meditation, the tools for a sound sleep, and more. To start your journey towards mindfulness and meditation, click [HERE](#).



## PARENTS TIP OF THE DAY PODCAST



Do you have 4 minutes to spare? Listen to the experts at Parents.com and Parents magazine for daily tips on parenting. To listen to the podcast, click [HERE](#).