



Resources for Families

We know that many parents and caretakers are now in the position to entertain and educate children at home. The Internet has endless resources available, but it isn't always clear which are age-appropriate, and it can be difficult to locate or discern quality content.

To make things a little easier, the Council's child care and professional development specialists have been reviewing online content and compiling a list of those we like best. We're pleased to share this list with you and will continue to add new links as we get them.

The buildings were big and people would smile
And travel they would mile by mile.
But sick they become, in numbers it grew
Businesses worried, communities too.
Things stopped for a bit, the world slowed its roll
The virus has certainly taken its toll.
But what they then saw from slowing things down,
Is in fact they now had less reasons to frown.
Families now gathered, what game shall we play?
Pass me the blue crayon, give Mommy the grey.
Dad's home, guys! He'll read us a book
then all of us together will cook.
The lungs of the planet caught a small break
less travel meant less pollution to make.
People did realize they'd all be OK
They don't need so much to get through the day.
Maybe this virus that caused so much stress
Showed the whole world that more can mean less.

*Author unknown
Inspired by Dr. Seuss*

Articles & Ideas for Adults

- **Social Distancing – This is Not a Snow Day**

<https://medium.com/@ariadnelabs/social-distancing-this-is-not-a-snow-day-ac21d7fa78b4>



THE HANDWASHING SONG

(to the tune of Frere Jacques)

**TOP AND BOTTOM
TOP AND BOTTOM
IN BETWEEN
IN BETWEEN
DON'T FORGET THE WRISTS
AND GERMS YOU MIGHT
HAVE MISSED
NOW THEY'RE CLEAN
NOW THEY'RE CLEAN**

wunder-mom.com

- **ZERO TO THREE - Five Tips to Make the Most Out of a Video Chat**

<https://www.zerotothree.org/resources/2535-five-tips-to-make-the-most-of-video-chats>

Making video chats go smoothly for infants and toddlers

- **The Hechinger Report – Coronavirus – Stuck at Home**

<https://hechingerreport.org/stuck-at-home-with-young-kids-due-to-the-coronavirus-heres-what-to-do-and-not-to-do/>

Stuck at home with young kids due to coronavirus? Here is what to do – and what not to do. Experts share tips, advice, and activities

Children May Be Afraid of Masks. Here's How to Help.

<https://www.nytimes.com/2020/04/13/well/family/coronavirus-children-masks-fear.html?referringSource=articleShare>

The American Academy of Pediatrics Recognizes that Kids Will Use More Screens

<https://goodmorningamerica.com/family/story/american-academy-pediatrics-recognizes-kids-screens-69771060>

There Are Plenty of Things to Worry About Right Now: Your Preschooler's Education is Not One of Them

<http://teachertombsblog.blogspot.com/2020/03/there-are-plenty-of-things-to-worry.html>

New York Times – How to Home School During Coronavirus

<https://www.nytimes.com/2020/03/20/parenting/home-school-coronavirus.html?referringSource=articleShare>

Tips for Families: Talking About the Coronavirus * ZERO TO THREE

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

PBS Kids - How to Talk to Your Kids About Coronavirus

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

Sesame Street Community – Resources for Families

https://www.sesamestreet.org/caring?utm_source=yff&utm_medium=email&utm_campaign=2020_0324_SW_OurMission&utm_content=text

National PTA – Notes From The Backpack

<https://www.pta.org/center-for-family-engagement/notes-from-the-backpack>

Simple Activities for Children and Adolescents

https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf

VROOM (not Zoom)

<https://www.mindinthemaking.org/resources#vroom-tips>

Vroom, another program of the Bezos Family Foundation, translates the science of early brain development. Mind in the Making helped create Vroom's 1,000+ free tips for adults with children ages 0-5, turning any moment into a brain-building moment.

Helping Children Cope with Changes Resulting from the Coronavirus

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

The Most Powerful Family Ritual – the Bedtime Story

<https://redtri.com/the-most-powerful-family-ritual-the-bedtime-story/>

Little Flower Yoga – 5 Tips to Help Children Manage Coronavirus Anxiety

<https://mailchi.mp/littlefloweryoga/kids-and-coronavirus-anxiety?e=4ff9fd9eec>

Education Companies Offering Free Subscriptions due to School Closings

<https://docs.google.com/spreadsheets/d/1t3r618pd8MAi6V87dG2D66PtIKoHdHusBpjPKXgm36w/htmlview?sl=true#gid=0>

40 Ways to Strengthen a Child's Mental Health Today

- EMOTIONS**
 - Let them cry.
 - Validate their feelings.
 - Establish healthy routines.
 - Respect their boundaries.
 - Talk about feelings often.
 - Teach them how to journal.
 - Teach them emotion words.
 - Know that behavior is communication.
 - Teach body safety.
- PHYSICAL**
 - Give them responsibilities.
 - Provide a safe living environment.
 - Healthy diet.
 - Restrict and monitor screentime.
 - Practice mindfulness together.
 - Love them unconditionally.
- LOVE**
 - Listen first, talk second.
 - Provide positive physical touch.
 - Have family meetings.
 - Be on your child's team.
 - Eat family meals together.
 - Play board games.
 - Connect with your child daily.
 - Create family rituals.
- PLAY**
 - Encourage frequent exercise.
 - Get outdoors often.
 - Provide plenty of time for play.
 - Allow healthy risks.
 - Encourage collaboration over control.
- TEACH**
 - Praise effort over achievement.
 - Use natural consequences.
 - Support their friendships.
 - Be consistent and follow through.
 - Replace yelling with teaching.
 - Model honesty and integrity.
 - Encourage independence.
 - Teach a growth mindset.
 - Accept mistakes.
 - Set healthy limits.
 - Nurture their gifts and talents.

For Kids – All Learning Areas

- **Zero TO THREE – At Home Activity Guide for Infants & Toddlers**
<https://www.zerotothree.org/resources/3264-at-home-activity-guide>
For Birth to three – Fun and educational activities to do at home with infants and toddlers
- **PBS Kids**
<https://pbskids.org/>
Toddlers and Preschool age games and resources for parents
- **Ducksters.com**
<https://www.ducksters.com/>
School Age



- **Kids Podcasts, Audio Stories, Music, Audiobooks & More**
<https://pinna.fm/index.php>
Ages 3-12 – an on-demand audio streaming service that reimagines kids’ entertainment. Each podcast, audiobook and music compilation on Pinna is expertly developed and carefully – science, fantasy, interactive game shows and mysteries.
- **Education companies offering free subscriptions**
<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
All ages – Parental assistance needed to create an account.
- **Simple Activities for Children and Adolescents**
https://www.nctsn.org/sites/default/files/resources/factsheet/simple_activities_for_children_and_adolescents_4.pdf

Literacy and Read-Alouds

- **11 Free Reading Websites for Kids**

Site	Address	Audio?
Storyline Online	http://www.storylineonline.net	Yes
Read to Me	http://readtomeiv.com	Yes
We Give Books	http://wegivebooks.org	No
Starfall	http://starfall.com	Yes
Online Storytime by Barnes and Noble	http://www.barnesandnoble.com/u/online-storytime-books-toys/379003588/	Yes
TumbleBooks	http://tumblebooks.com http://www.tcpslibrary.org/tumblebooks.htm http://www.portlandlibrary.com/kidsplace/tumblebooks.htm	Yes
International Children's Digital Library	http://en.childrenslibrary.org/	No
ABCya!	http://abcya.com	Yes
Storynory	http://www.storynory.com/	Yes
National Geographic Young Explorers	http://ngexplorer.cengage.com/ngyoungexplorer/index.html	Yes
Oxford Owl	http://www.oxfordowl.co.uk/	Yes

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- **Astronauts read books from space**
www.youtube.com/channel/UCpotjVqWv3KfGHjWztjPKgg?fbclid=IwAR3mPnrgIBq71NQQQusakYGZM0-j9Tv4Up-6zGmN9uVpz3fD-qE9_bisxYU&app=desktop
- **Favorite Authors read stories**
https://coolprogeny.com/2020/03/operation-storytime/?fbclid=IwAR3t0T8DNY_xuCMg0Qu27wyXZQ0yi1_w_kLzfc1SI2VUKix2fAajAJ-TZwg
Age of child depends on the book choice - Parents/adults need to facilitate book choice
Book choices are from picture books to chapter books.
- **Story Time Online**
www.storyonline.net/
For children K and older - Available 24 hours a day for children, parents, caregivers and educators. Each book includes supplemental curriculum developed by a credentialed elementary educators aiming to strengthen comprehension and verbal and written skills for English-language learners. May require an adult to set up for K child and allows older children to access independently.
- **Seussville**
https://www.seussville.com/?fbclid=IwAR2IOgiFURtRaGsp_CFddzoFS4GwvW3Vt-QZdGAHmf0MjgP2LoBYPH1JvE8
Dr. Seuss' Word Challenge
- **Lunch Doodles with Mo Willems**
<https://www.kennedy-center.org/education/mo-willems?fbclid=IwAR3Cr3RM5mdthW9hPalAMrz-L81G38okimerqyevEYk7ze7IA-P25wVTkKk>
4-10 – Mo Willems invites you into his studio every day for his LUNCH DOODLE – New episodes will be posted each weekday at 1:00 p.m. ET and then remain online to be streamed afterwards. Check back each weekday for new LUNCH DOODLES!
Learners can draw, doodle, and explore new ways of writing.

- **Books read by famous actors**
<https://www.storylineonline.net/>
All ages - These stories are read by famous people and show adorable cartoon animations of the story.
- **Operation Storytime**
<https://coolprogeny.com/2020/03/operation-storytime/>
All ages - Links to children's authors reading their books on Instagram
- **Scholastic Learn At Home – PreK and older**
https://classroommagazines.scholastic.com/support/learnathome/grades-prekk.html?magazineName=classroommagazines&promo_code=6294
https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k.html?magazineName=classroommagazines&promo_code=6294
- **Dolly Parton Is Reading Books From Her Imagination Library**
<https://www.mentalfloss.com/article/621944/dolly-parton-reading-imagination-library-bedtime-stories>

Movement and Mindfulness

- **Go Noodle**
www.gonoodle.com
For two-year-olds and older - Fun, wacky, silly 5-minute movement breaks and mindfulness activities – many have an educational objective – patterning, counting, etc. Younger children should be with an adult or much older child. There is a lot of moving around.
- **Yoga & Mindfulness**
<https://www.youtube.com/user/barikoral>
For children 2.5 and older
Yoga movements, breathing exercises – movement and mindfulness
Requires an adult or older child (5th grade and up) to supervise and help with some of the movements
- **Brain Break- Tic Tac Toe**
www.funinfirst.com
Ages 3-6 years - This activity promotes listening, following direction and gross motor skills and a break from sitting.
Needs supervision - Can be modified to meet the needs of young 3 years olds
- **Little Flower Yoga - 10 MINUTE LIVE YOGA BREAKS FOR KIDS** – every Monday, Wednesday, and Friday
https://www.littlefloweryoga.com/blog/10-minute-yoga-practices-for-kids-live-on-mondays-with-yoga-international/?utm_source=Little+Flower+Yoga&utm_campaign=284d0d5e03-EMAIL_CAMPAIGN_2018_03_16_COPY_01&utm_medium=email&utm_term=0_baf57b9ef4-284d0d5e03-356487549

Science and Nature

- **National Geographic for Kids**
<https://kids.nationalgeographic.com/>
All ages
- **Fantastic Fun and Learning**
<https://www.fantasticfunandlearning.com/make-germs-scatter-science-demonstration.html>
A visual science experiment of how soap kills germs and more
For older toddlers and up – An adult presence is recommended



- **At Home Science – Mad Science**
https://www.madsciencepromo.com/athomeexperiments?fbclid=IwAR0sGCgtgKKMCNHZXBjTa8nT5XZOLtqWXOOF_Pccximzce202g_wdpnPB50
Science activities for children 3+ - Requires mostly household items and adult or older child (MS-HS) support
- **PBS Play and Learn Science**
<https://pbskids.org/apps/play-and-learn-science-.html>
Ages 2 – 5 – 15 engaging games covering core topics in Earth Science, Physical Science, and Life Science
- Parent section with tips for parent-child engagement and activities for extending the learning into the real world - Developed in collaboration with early childhood experts - Completely bilingual (Eng/Span)
- **NASA'S Kid Club**
<https://www.nasa.gov/kidsclub/index.html>
- **National Geographic for Kids – Weird But True – Fun Facts About Everything**
https://kids.nationalgeographic.com/explore/adventure_pass/weird-but-true/
- **12 Family-Friendly Nature Documentaries**
<https://www.nytimes.com/2020/04/01/arts/television/nature-documentaries-virus.html?referringSource=articleShare>

Math

- **Math Playground**
<https://www.mathplayground.com/>
Games for 1st to 6th grade - No adult assistance needed - Free teacher resources

Art & Music

- **Lincoln Center at Home**
<http://www.lincolncenter.org/lincoln-center-at-home/show/lincoln-center-pop-up-classroom-1>
- **The Clay Art Center – virtual clay experiences for children and adults**
<https://www.clayartcenter.org/learn>

Tours, Field Trips and Museums

- **Virtual Field Trips**
https://docs.google.com/document/u/0/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic?fbclid=IwAR1S6qyTO2Kt0l30g1VL3h0zA55kyDVMt6vbDAZtbmB89FxFzYp_rNQ6mLN0
- **Tours of American Dairy Farms**
https://www.americandairy.com/news-and-events/dairy-diary/virtual-farm-tours-while-your-stuck-at-home.shtml?fbclid=IwAR2YuTWv4UKp_hlagYD981vuV-El5Y6j5tqwRB8ZcDXk9Hztyk1H2VBlpjs
- **Cincinnati Zoo – every day at 3pm they feature an animal of Facebook Live**
<https://www.facebook.com/cincinnati-zoo>
All ages
- **Cincinnati Zoo Daily Digital Safari**
https://redtri.com/cincinnati-zoo-home-safari-facebooklive/?utm_source=FB&utm_medium=NATL&utm_campaign=FB-CONTENTMARKETING&fbclid=IwAR0WbrQV64OzU_sb90zbvi2XDON5ytb_X4LaRztM7ZsdqFI3MBIrvWHxMR8
All ages
- **20 VIRTUAL FIELD TRIPS TO TAKE WITH YOUR KIDS**
<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>
Virtual tours of Museums, Zoos, Aquariums, Historic Sites – There are suggested activities that go along with each locations. Parental assistance may be needed for technology.
- **Virtual Museum Tours**
https://www.parents.com/syndication/museums-with-virtual-tours/?utm_campaign=parents_parentsMagazine&utm_content=internalsyndication_travelandleisure&utm_source=facebook.com&utm_term=FD51F848-6550-11EA-9FBA-CF782FEB5590&utm_medium=social
View tours of 12 museums from around the world – Parental assistance may be needed

- **Virtual Tours of National Parks**
<https://kitchenfunwithmy3sons.com/30-national-parks-virtual-tours>
View natural wonders all over the United States – Parental assistance may be needed for technology.
- **30+ Visual Field Trips for Kids**
<https://theeducatorsspinonit.com/virtual-field-trips-for-kids/>
- **Over 30 Virtual Field Trips with Links**
https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGkGtE3iExmi3qh2KRRku_w/mobilebasic
- **American Museum of Natural History – Explore and Learn Online**
https://www.amnh.org/?utm_source=education&utm_medium=email&utm_campaign=200402EDUAprilNewsletter&utm_term=teacher-programs&utm_content=version_A&sourcenumber=28307
- **Westchester Children’s Museum At Home**
<https://discoverwcm.org/wcm-at-home>
- **Hudson River Museum – Museum From Home**
<https://www.hrm.org/our-programs/>

Health and Safety

- Elmo and Rosita: The Right Way to Sneeze
<https://www.youtube.com/watch?v=QW1yodZjpG8>

Elmo y Rosita: La Manera Correcta de Estornudar
<https://www.youtube.com/watch?v=3VFhJ5sTpk>