

We know this is a tough time for everyone so we wanted you to know we are here to support you through the COVID-19 pandemic. Some of us will be home with our children. There are a lot of things we cannot control right now and that can be scary. We have compiled the following resources for you and your children to help families cope and thrive during the pandemic.

## STAYING HEALTHY WITH YOUR CHILDREN:

- Remember to drink enough water:  
<https://kidshealth.org/en/kids/water.html>
- Having a healthy meal is important and can be fun too. Kids can take pride and learn new skills by helping prepare meals.
  - School aged children:  
<https://www.sesamestreet.org/toolkits/food/fun>
  - Teens:  
<https://diyprojectsforteens.com/diy-recipes-teens/>
  - If you need help accessing food  
<https://www1.nyc.gov/assets/dsny/contact/services/COVID-19FoodAssistance.shtml>
- Remember to breathe and have your kids learn to breathe for relaxation:  
<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>
- Remember to get a good night's sleep  
<http://sleepforkids.org/html/tp.html>
- Tell your children that you love them. Especially during uncertain times, children need to know they are safe. They rely on parents for emotional and physical safety. This helps them feel cared for and lovable and gives them a sense of self-worth.



## HEALTH RESOURCES AND KEEPING INFORMED:

- New York City provides up to date information and resources about COVID-19 for you and your family. This site includes information about schools, public benefits, access to food, housing and emotional support: <https://growingupnyc.cityofnewyork.us/coronavirus-updates/>
  - As a concerned parent/caregiver, it's important to familiarize yourself with the facts of COVID-19. This resource has helpful information for you and your family:  
[https://kidshealth.org/en/parents/coronavirus-landing-page.html?utm\\_content=DI2350802010700&external\\_id=DI2350802010700&utm\\_campaign=p-toolkit-en&utm\\_medium=covid&utm\\_source=khbanner](https://kidshealth.org/en/parents/coronavirus-landing-page.html?utm_content=DI2350802010700&external_id=DI2350802010700&utm_campaign=p-toolkit-en&utm_medium=covid&utm_source=khbanner)
- (In Spanish) Comprensión de Coronavirus:  
<https://kidshealth.org/es/parents/coronavirus-landing-page-esp.html?WT.ac=pairedLink>

## HAVE FUN WITH YOUR KIDS.

### “Stay home. Save lives.”

Here are some fun indoor activities:

- Choosing a family-friendly movie to watch together:  
<https://www.common sense media.org/lists/movies>
- Explore wildlife as a family:  
<https://kids.nationalgeographic.com>
- Get moving with some music by making a Tik Tok Video with your teens.
- Enjoy story time together:  
<https://www.nypl.org/education/kids/storytime>
- Fun and educational games and videos:  
<https://pbskids.org>  
<http://www.nickjr.com>
- Color with your kids:  
<https://family.disney.com/activity/onward-coloring>
- Brooklyn Bridge Park:  
<https://www.brooklynbridgepark.org/pages/environmental-education-center-online-resources>
- New York Hall of Science at home activities:  
<https://nysci.org>
- New York Historical Society:  
<https://mailchi.mp/nyhistory/historyathome?e=e0cd7ca9c>

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## EDUCATIONAL RESOURCES FOR REMOTE LEARNING:

Many students are learning remotely.

This may be a challenge and an adjustment for all at this time.

- Here are some resources to help with this transition:  
<https://www.unicef.org/coronavirus/5-tips-help-keep-children-learning-during-covid-19-pandemic>
- The NYC Department of Education provides devices to public school students who are in need:  
<https://www.schools.nyc.gov/learn-at-home/technical-tools-and-support/doe-student-accounts>
- Google Classroom tutorials:  
[https://www.youtube.com/playlist?list=PLON\\_Ndz-asFTvNS3ODimsVtFom\\_nywSJR](https://www.youtube.com/playlist?list=PLON_Ndz-asFTvNS3ODimsVtFom_nywSJR)
- Free online tutoring and homework help for the 5 boroughs:  
(Manhattan, Bronx, Staten Island)  
<https://www.nypl.org/about/remote-resources/kids-and-teens/homework-help-brainfuse>  
(Brooklyn)  
<https://www.bklynlibrary.org/online-resources/brainfuse-helpnow>  
(Queens)  
<https://landing.brainfuse.com/authenticate.asp?u=main.queenspl.ny.brainfuse.com>

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## REDUCING FEELINGS OF ISOLATION:

It's important for kids to stay connected with friends and family to reduce feelings of isolation at any given age:

- Set up a virtual playdate or game night using apps such as Zoom, Facetime, WhatsApp.
- Set up a daily routine for your children: set a morning alarm and bath time.
- Engage your children to help with chores, such as clean-up time and help with dishes. This can help create healthy habits and lower stress. Include your children in these chores to help them feel important:  
<https://raisingchildren.net.au/guides/first-1000-days/safety-and-security/family-routines>

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*These resources are provided by Department of Social Work Programs Pediatric Social Workers for general information. For questions about your health CONSULT YOUR HEALTHCARE PROVIDER.*