

Early Childhood Family Resources

At-Home Online Activities			
Resource	Website Link	About	Ages
Abdo Digital	https://abdodigital.com	eBooks in English and Spanish	Multi-Age
Action for Healthy Kids	https://www.actionforhealthykids.org/healthy-activities-to-do-at-home/	Healthy activities to do at home	Multi-Age
After School Alliance	https://boostcafe.org/resource-center/	Links to a variety of resources	Multi-Age
Amazing Educational Resources	http://www.amazingeducationalresources.com/?fbclid=IwAR2VmPWWhaPod15ORKFHL4ycF_kHE1R0ncHiPis7-RQ ueAxbUDKqsiv7RcXw	A collection of educational resources for teachers and families.	Preschool - Multi-Age
Animal Cameras at Zoos and Aquariums	https://www.montereybayaquarium.org/animals/live-cams https://kids.sandiegozoo.org https://zooatlanta.org/panda-cam/ https://www.houstonzoo.org/explore/webcams/ https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/	Explore a virtual field trip with live animal cameras (pandas, beluga whales, tigers and much more).	Multi-Age
Art Education Partnership	https://www.metmuseum.org/art/online-features/metkids	Online art related activities	Multi-Age
Books of Belonging with Sarah Dryden Peterson	https://www.youtube.com/playlist?list=PLjX6dtNZ-81bqnZtwjVoQCjOnAAAAgAwA	Video series of people coming together in picture books read by Harvard professor.	Multi-Age
Boston Public Schools - Kindergarten	https://drive.google.com/drive/folders/0B3qKorUGb2mHTXZOgGctUEtkR2c	Activities for kindergartners.	Age 5
Boston Public Schools - Preschool	https://drive.google.com/drive/folders/0BzrnOZGxWK9_dVdtNTEwU2g3Mkk	Activities for preschoolers.	Preschool
Brain Dance	https://www.creativedance.org/about/braindance/	Exercising through dance	Multi-Age

Brain POP	https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/	4-minute video, activities, and games	Multi-Age
Bright Horizons	https://www.brighthorizons.com/family-resources	Learning at home activities, articles, and other resources.	Multi-Age
Center for Disease Control-CDC	Handwashing: a family activity https://www.cdc.gov/parents/essentials/structure/building.html	How to make hand-washing fun. Building structure at home with children.	Multi-Age
Center on the Developing Child at Harvard University	https://developingchild.harvard.edu/resources/covid-19-resources/	Activities, parent and caregiver guidance, and other resources.	Multi-Age
Child Care Aware of America	https://www.childcareaware.org/brain-building-resources/	Activities on brain building moments	Infant - Preschool
Cincinnati Children's Hospital	https://www.cincinnatichildrens.org/patients/coronavirus-information/family-resources https://blog.cincinnatichildrens.org/simple-home-activity-ideas-for-kids-during-covid-19	Home learning, healthy living, and parenting support during COVID-19. Activity ideas during COVID-19	Multi-Age
Cloud9World	http://www.cloud9world.com/parent-books	Parents as emotional coaches books in English and Spanish	Multi-Age
Conscious Discipline	https://consciousdiscipline.com/free-resources/free-resources/	Printable tools and activities such as songs and chants.	Multi-Age
Cooking with Kids	https://cookingwithkids.org	At home cooking activities	Multi-Age

Countdown to Kindergarten	http://www.countdowntokindergarten.org/activities/free-summer-activities	Summer activities for entering kindergarten students.	Preschool
Cox Campus	https://www.coxcampus.org/pop-up-early-learning/	Free pop-up early learning classes with recreations of parts of a preschool day to do with your preschooler.	Preschool
Crayola	https://www.crayola.com/athome?gclid=EAlaIQobChMIo6Koll7r6QIV9gilCR1c4ASrEAAYASABEgK9b_D_BwE	Variety of coloring activities.	Multi-Age
Cultivate Learning, University of Washington	https://cultivatelearning.uw.edu/resource-spotlight/	Tips and activities for families to lead learning and positive interactions from home.	Multi-Age
CuriOdyssey	https://curiodyssey.org/at-home-science/?campaignid=9835881044&adgroupid=103753042681&adid=430878910932&gclid=EAlaIQobChMIhbCI-LW6QIVDODICH3SdwlyEAAYASAAEgJJNfD_BwE	Science activities	Multi-Age
Dallas Independent School District	https://sites.google.com/dallasisd.org/athomelearningplans/elementary-school-students	At home weekly lesson plans in English and Spanish	Preschool-Multi-Age
Dancing Alone Together	https://dancingalonetogether.org/	Dance themed activities	Multi-Age
Day by Day: Maryland	https://www.marylandlibraries.org/Pages/Day-by-Day-May.aspx	Daily songs, activities, book suggestions, and videos through a calendar.	Multi-Age
Day by Day: New York	http://daybydayny.org/may-6/	Daily songs, activities, book suggestions, and videos through a calendar.	Multi-Age
Day by Day: Ohio	http://www.daybydayoh.org/may	Daily songs, activities, book	Multi-Age

		suggestions, and videos through a calendar.	
DE Division of Libraries	delawarelibraries.org/summerreading	Summer reading program	Multi-Age
Delaware Readiness Teams	https://www.delawarereadinessteam.com/covid-19-resources	First Lady Tracey Quillen Carney reads The Story of The Oyster and The Butterfly (available in Spanish) and other related activities available.	Multi-Age
Development and Research in Early Mathematics Education, Stanford University	https://familymath.stanford.edu English: https://dreme.stanford.edu/sites/g/files/sbiybj9961/f/dreme_at-home_early_math_learning_kit_for_families_english.pdf Spanish: https://dreme.stanford.edu/sites/g/files/sbiybj9961/f/dreme_at-home_early_math_learning_kit_for_families_spanish.pdf	At-home early math learning.	Birth - Age 5
Dr. Yum's Guide to Healthy Eating	https://recipes.doctoryum.org/en/pages/covid-healthy-eating-virtual-resources	Healthy meal planning for families	Multi-Age
Early Childhood Learning Knowledge Center - ECLKC	https://eclkc.ohs.acf.hhs.gov/parenting/article/fun-learning-parents-children-activities-handbook	Activity Handbook	Preschool
EASEL Lab	https://ggie.berkeley.edu/wp-content/uploads/2020/02/Brain_Games_Pack.pdf	Brain games for building focus, remember, and stop and think powers.	Multi-Age
Ed Surge	https://www.edsurge.com/news/2020-03-17-how-to-keep-school-rhythm-and-routines-for-young-children-at-home	At home activities	Toddler-Pre school

Education.com	https://www.education.com/activity/preschool/recipes/	Cooking activities	Multi-Age
Explore	https://explore.org/livecams/currently-live/decorah-eggles	Live animal webcams	Multi-Age
Family Dinner Project	https://thefamilydinnerproject.org/pandemic-2020-resources/	Food and meal conversation ideas for families.	Multi-Age
FLYOGI	https://www.flyogi.co/	Free children and families yoga lessons	Multi-Age
Fred Rogers Productions	https://www.fredrogers.org/coronavirus/	Virtual events, activities and social initiatives	Preschool
Georgia Department of Early Care and Learning	http://www.dec.ga.gov/PreK/WelcomeToGAPreKAtHome.aspx	At home activities for preschoolers.	Preschool
Go Noodle	https://www.gonoodle.com/for-families/	Videos and games for children	Multi-Age
Groundwork Ohio	https://www.groundworkohio.org/covid19parents	List of activities for families.	Multi-Age
Hatch	https://www.hatchearlylearning.com/pdfs/Family_Connections_Hatch.pdf https://www.hatchearlylearning.com/resources/parent	Variety of activities Parent resources	Preschool
healthikids	https://www.healthikids.org/blog/resources-for-families-covid-19	Activities, physical activities, and educational resources.	Birth - Age 5
Illinois Early Learning Project	https://illinoisearlylearning.org/resources/reslists/	Information on popular topics, projects for preschoolers, and activities.	Multi-Age

Imagination Library: Goodnight with Dolly	https://imaginationlibrary.com/goodnight-with-dolly/	Bedtime stories with Dolly Parton	Multi-Age
International Children's Digital Library	http://www.childrenslibrary.org/icdl/SimpleSearchCategory?ids=84&pnum=10&cnum=1&text=&lang=English&ilangcode=en&ilang=English&langid=11	Online books in various languages	Toddler - Age 13
Julie's Library	https://www.julieslibraryshow.org	Julie Andrews reading new stories weekly to children.	Multi-Age
Jumpstart	https://www.jumpstart.com/parents/activities/grade-based-activities/preschool-activities	Arts & crafts activities	Multi-Age
Khan Academy Kids	https://learn.khanacademy.org/khan-academy-kids/	At home activities	Age 2 - Age 7
Kids Health from Nemours	https://kidshealth.org/en/parents/cooking-preschool.html	Cooking activities	Multi-Age
Knowbuddy resources	http://virtual.knowbuddyresources.com/preview/browse#QV077	eBooks in English and Spanish	Multi-Age
Lakeshore	https://www.lakeshorelearning.com/resources	Crafts and activities	Multi-Age
Love in a Big World	https://www.youtube.com/watch?v=CIDshTjRWI&feature=youtu.be	How dance relieves stress	Multi-Age
Milwaukee Independent	http://www.milwaukeeindependent.com/articles/stay-home-free-book-coronavirus-children-color/	A free book on coronavirus for children of color	Multi-Age
Minnesota Department of Education	https://education.mn.gov/MDE/dse/early/highquality/famres/https://www.nhsggc.org.uk/kids/life-skills/play-leisure/	Social emotional, language, thinking and physical activities. Other language translations available.	Birth - Age 5

Music School of DE	http://www.musicschoolofdelaware.org/home.html	Music-related activities	Multi-Age
National Afterschool Association- NASA	https://activityworks.com/at-home/	At home physical activities	School Age
National Association for the Education of Young Children- NAEYC	https://www.naeyc.org/our-work/families/10-prop-box-ideas-mini-learning-centers-home Message in a Backpack https://www.naeyc.org/events/woyc/plan-your-event https://www.naeyc.org/resources/pubs/tyc/aug2018/backpack/things-every-parent-know-play	Prop box ideas Tips and ideas to share with families about supporting preschool age children's learning at home At-home activities Resources for the importance of play	Infant - Preschool
National Child Traumatic Stress Network	https://www.nctsn.org/resources/trinka-and-sam-fighting-the-big-virus	Stories about fighting the big virus.	Multi-Age
National Head Start Association (NHSA)	https://www.nhsa.org/educational-resources-learning-home	Learning at home.	Preschool
NHS: Greater Glasgow and Clyde	https://www.nhsggc.org.uk/kids/life-skills/	Learning through play, self care, education, sensory differences, and developing child language.	Multi-Age

New York City- Dept. of Education	https://www.schools.nyc.gov/learning-at-home/activities-for-students/additional-resources	A variety of books, magazines, and websites	Birth - Age 8
Parent Information Center of DE	https://picofdel.org/	Variety of Resources and Calendar of Events	Multi-Age
PBS	How to Talk to Your Kids About Coronavirus PBS Kids Preschool Learning at Home https://www.youtube.com/channel/UCrNnk0wFBnCS1awGjq_ijGQ/featured https://why.org/articles/social-distancing-with-the-kids-why-offering-expanded-educational-programming-on-pbs/ https://www.pbs.org/parents/page/read-along https://pbskids.org/games/music/	Includes a list of videos, games, and activities about handwashing and staying healthy Learning at home. Read along videos Social distancing with children Read along with celebrities Music games	Multi-Age
Philadelphia Zoo	https://philadelphiazoo.org/learn/	Virtual zoo tours	Multi-Age
Philly Museums Virtual Tours	https://phillystylemag.com/visit-phillys-favorite-museums-thanks-to-virtual-gallery-tours	Variety of virtual tours of Philadelphia museums.	Multi-Age
Piplo Productions	http://piploproductions.com/trinka-and-sam-virus/	Story about COVID-19 for young children.	Multi-Age

Playbill	https://www.playbill.com/article/12-theatre-related-online-resources-for-kids-and-families-to-get-you-through-covid-19	Theatre-related activities	Multi-Age
Play Works	https://www.playworks.org/get-involved/play-at-home/?fbclid=IwAR1gmg4W51QwEHU9BCbwJUQT9aWYkjikBbzJNKcp9FID3bgcN-ph3YxSNs	Play at home playbook. Available in multiple languages.	Multi-Age
Prevent Child Abuse DE	https://static1.squarespace.com/static/5414a299e4b0608fb315ce4e/t/5e8f4b127cc91a597c84f5d1/1586449171341/Tips+for+CareGivers.pdf	Tips for Parents and Caregivers	Multi-Age
Promise Venture Studio	https://www.promisestudio.org/covid-caregiver-resources	Guide to working with children at home, caregiving advice, and searchable activities.	Multi-Age
QT30- DE Thrives	https://dethrives.com/qt-30	At home activities	Multi-Age
ReadAskChat	https://readaskchat.net/get-the-app/	Free digital library through June 2020 using code 5RVLD4 when registering	Multi-Age
Reading Rockets	https://www.readingrockets.org/books/fun	Reading activities	Birth - Age 8
Ready At Five	https://www.readyatfive.org/for-parents/activity-cards.html	Activity cards in English and Spanish.	Age 5
Ready Rosie	https://readyrosie.com/en/healthyathome/	Toolkit for parents	Multi-Age
Red Clay School District Early Years Program	https://www.redclayschools.com/site/default.aspx?PageType=3&DomainID=152&ModuleInstanceID=1278&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=18157&PageID=375	Variety of activities for children.	Preschool

Reggio Children	https://www.reggiochildren.it/en/athomewiththereggioapproach/	At home activities with the Reggio Approach	Birth - Age 6
REL Southeast	https://ies.ed.gov/ncee/edlabs/regions/southeast/foundations/kindergarten_intro.asp	Supporting your child's reading at home	Multi-Age
Safe and Sound	https://safeandsound.org/for-parents/parenting-tips/activities-to-do-at-home-with-kids-during-covid-19/	Activities to do at home with kids during COVID-19.	Multi-Age
School Community Network	https://www.schoolcommunitynetwork.org/RFP.aspx	Parenting information, parent-child activities, parent education, and tip sheets. Spanish available.	Multi-Age
School District of Philadelphia	https://www.philasd.org/earlychildhood/resources/parents/prek-parent-resources/	Preschool home activities for families.	Preschool
Sesame Street	https://www.sesamestreet.org/ https://sesamestreetincommunities.org/topics/health-emergencies/?activity=understanding-needs-and-wants-bundle	Games , videos, and art Understanding children's needs and wants	Preschool
Sesame Street in Communities	https://sesamestreetincommunities.org/topics/health-emergencies/	Health emergency activities and celebrating front line workers	Multi-Age
Statistics in Schools	VeggieTales: Everyone Counts!	Census 2020	Multi-Age
Stay Home with Candlewick Press	https://stayhome.candlewick.com/	Story about COVID-19 for young children.	Multi-Age
Tinkergarten	https://tinkergarten.com/activities	Outdoor, play-based learning activities	Birth – Age 8

UNICEF	https://www.unicef.org/parenting/coronavirus-covid-19-guide-parents/indoor-play-ideas-stimulate-young-children-home	Indoor play ideas to stimulate young children at home.	Birth - Age 8
United States Department of Education	https://ies.ed.gov/blogs/research/post/the-ed-games-expo-goes-virtual-to-support-distance-learning-82-us-department-of-education-and-government-supported-learning-games-and-technologies-are-now-available-at-no-cost-until-the-end-of-the-school-year?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=	The resources are appropriate for young children to postsecondary students as well as for personnel in education and special education across a wide range of educational topics, such as for early learning, STEM, reading and language learning, and social studies	Multi-Age
United Way of Delaware: Virtual Reading Angels Team	https://www.facebook.com/UnitedWayofDelaware/	Virtual reading through United Way of Delaware	Multi-Age
University of North Carolina - Frank Porter Graham Child Development Institute	https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet.pdf?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=-supporting children with autism spectrum disorder	Toolkit for supporting children with Autism spectrum disorder during COVID-19	Multi-Age
Vooks	https://www.vooks.com/parent-resources	Read aloud animated storybooks - 1 month free.	Multi-Age
Vroom	https://www.vroom.org/	Free, science-based tips and tools	Multi-Age

Zero to Three	https://www.zerotothree.org/resources/3264-at-home-activity-guide https://www.zerotothree.org/resources/223-creating-routines-for-love-and-learning https://www.zerotothree.org/resources/2545-screen-time-can-be-quality-time-here-s-how	<p>Tips for play.</p> <p>How to create routines with your young child while at home.</p> <p>How screen time can be quality time.</p>	Multi-Age
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Phone Apps			
Resource	Website Link	About	Ages
Bright by Text	https://brightbytext.org/	Text message-based platform that provides useful information to parents and caregivers about child development, health, and well-being.	Multi-Age
Curious Learning	https://www.curiouslearning.org/	Exploration and curiosity activities	Multi-Age
Google	https://play.google.com/store/apps/details?id=earlylearning.kidslearningworld&hl=en_US	ABC, rhymes, numbers, animal names, and fruit names	Preschool - Kindergarten
InfoOhio	https://www.infohio.org/early-learning/parents	Brain building, dance, singing and other phone app activities.	Multi-Age
ParentingChaos.com	https://parentingchaos.com/anxiety-apps-kids/ https://www.gonoodle.com	Mental health apps.	Multi-Age

Parent Pal	https://apps.apple.com/us/app/parentpal-my-parenting-expert/id1503751071	An all-in-one personal parenting coach, offering tools to take the guesswork out of parenting. Subscription fees waived through June 30, 2020.	Birth - Age 5
Screen Actors Guild-American Federation of Television's SAG-AFTRA Foundation	Actors reading children's books	Steam videos featuring celebrated actors reading children's books alongside creatively produced illustration	Multi-Age
Sesame Street	Sésamo	Games, videos, and activities in Spanish	Preschool
Teaching Strategies Gold	https://teachingstrategies.com/protected/infants-toddlers-twos-learning-games/?mkt_tok=eyJpIjoiTnpJMU1XRmtZVEE0TnpKaCIsInQiOiJqZUJmWjIhTmV5RjMyZGVsa2Exa2Q5aWtcL2V1eDFrczN4cldoc0s2XC81NElqSVRrTlc4YVgxbkxWdHRyOU5NTTRLMSs1bWhIMlwwR0E2cGt3dk42dXZwM3huN2pGa096Rzk4Q1dyOHpMb0lhN1wwV2RXNIMwemRcL1Q5NDJSVE9UOGNKIn0%3D	At home activities	Infant - Age 2
Tembo	https://www.temboeducationgroup.com	15 minute parent-led activities sent via SMS/text or WhatsApp	Multi-Age
United States Department of Education	Talk, Read, and Sing Together Every Day! Tip Sheets for Families, Caregivers aWhatnd Early Learning Educators https://ies.ed.gov/blogs/research/post/the-ed-games-expo-goes-virtual-to-support-distance-learning-82-us-department-of-education-and-government-supported-learning-games-and-technologies-are-now-available-at-no-cost-until-the-end-of-the-school-year?utm_content=&u	Tip sheets with research-based tips for talking, reading, and singing with children.	Multi-Age

	tm_medium=email&utm_name=&utm_source=govdeli very&utm_term=- apps for families funded by ddoe	List of education learning games supported by funding from the U.S. Department of Education and government.	
Vroom	https://app.vroom.org/	Brain building activities	Multi-Age

How to Talk to Children about COVID-19			
Resource	Website Link	About	Ages
American Academy of Pediatrics-AAP	https://www.aap.org/en-us/Pages/Default.aspx	Variety of information	Multi-Age
Autism Speaks	https://www.autismspeaks.org/expert-opinion/talking-your-child-about-tragedy-six-tips-autism-community https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf	Talking to your child with autism about tragedy. eBook about illnesses.	Multi-Age
Better Kid Care- Penn State University Extension	https://extension.psu.edu/programs/betterkidcare	On-demand trainings and resources	Multi-Age
Child Care Aware of America	https://info.childcareaware.org/coronavirus-updates#parents	Updates on COVID-19 for parents	Multi-Age
Center for Disease Control- CDC	Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children	How to have conversations with children on COVID-19	Multi-Age
Center on the Developing Child at Harvard University	https://developingchild.harvard.edu/guide/a-guide-to-covid-19-and-early-childhood-development/?utm_source=newsletter&utm_medium=email&utm_campaign=april_2020	COVID-19 and Child Development	Multi-Age
Child Mind Institute	Talking to Kids About the Coronavirus	Advice on having reassuring COVID-19 conversations	Multi-Age

	https://childmind.org/topics/concerns/responding-to-traumatic-events/ https://childmind.org/coping-during-covid-19-resources-for-parents/	<p>Learn how to help children cope with trauma.</p> <p>Resources to support parents who may be experiencing additional stress during this time.</p>	
Child Trends	https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic?utm_source=hs_email&utm_medium=email&utm_content=85116678&_hsenc=p2ANqtz-9AvSOp1S8nTYTWa7TyqEZMvUhWFqqf5IXWRVyG_1gwtr1IZ-JJVkuqj4qQGYH_eOzGQSuGNlklQh7zDABwc_rCqzLVw&_hsmi=85116678	Support parents who may be experiencing additional stress during this time.	Multi-Age
Colegio Oficial la Psicología de Madrid	https://www.copmadrid.org/web/publicaciones/rosa-contra-el-virus-cuento-para-explicar-a-los-ninos-y-ninas-el-coronavirus-y-otros-posibles-virus	Spanish ebook about COVID-19	Multi-Age
Delaware Department of Services for Children, Youth and their Families	https://kids.delaware.gov/information/covid19.shtml	Supporting children, community resources, and resilience resources.	Multi-Age
Early Childhood Learning Knowledge Center - ECLKC	https://eclkc.ohs.acf.hhs.gov/search/eclkc?q=talking+to+children+about+emergencies https://eclkc.ohs.acf.hhs.gov/blog/stay-connected-decrease-family-stress-difficult-times	<p>Information on dealing with emergencies</p> <p>Video on decreasing family stress in difficult times</p>	Preschool
Early Childhood Technical Assistance Center	https://ectacenter.org/topics/disaster/coronavirus-talking.asp	Multiple resources such as guidance, toolkits, and handouts on COVID-19 and	Multi-Age

		young children.	
Families Together, Inc.	https://famiestogetherinc.org/navigating-covid-19-when-your-child-youth-has-a-disability/	Resources for children/youth with disabilities	Multi-Age
Family Shade	http://www.familyshade.org/technical-assistance/	Support and Healthcare Alliance DE	Multi-Age
Feelings Wheel	http://feelingswheel.com	Wheel of feelings to support your child's emotional development.	Multi-Age
Generations United	https://www.gu.org/app/uploads/2020/03/COVID-19-Fact-Sheet-3-17-20.pdf	COVID-19 fact sheet for multi-generational families	Multi-Age
Inter-Agency Standing Committee	https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you	Storybook on COVID-19, My Hero is You. Available in multiple languages.	Multi-Age
Iris Center	https://iris.peabody.vanderbilt.edu/module/c19/	Supporting early learning during the pandemic	Multi-Age
My Big Feelings and the Big Bad Virus	https://www.mybigfeelings.com	Pdf book and coloring book on having big feelings during COVID-19	Multi-Age
National Association of School Psychologists	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	How to have conversations with children on COVID-19	Multi-Age
National Public Radio-NPR	https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus	How to have conversations with children on COVID-19	Multi-Age
National Traumatic Stress Network	https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019?utm_source=ebulletin&utm_medium=email&utm_campaign=nctsn-ebulletin	Information about the outbreak and learning how	Multi-Age

		to be prepared can reduce stress and help calm likely anxieties	
Nemours, KidsHealth	https://kidshealth.org/en/parents/coronavirus-landing-page.html?view=ptr&WT.ac=p-ptr	Parenting and COVID-19.	Multi-Age
New York Life	https://www.newyorklife.com/foundation/for-families	Articles on speaking with your child about death and grief	Multi-Age
NYU Langone Health	https://nyulangone.org/news/schools-out-parents-guide-meeting-challenge-during-covid-19-pandemic	Parent's guide for meeting the challenge during to COVID-19 pandemic	Multi-Age
Parents As Teachers - PAT	https://static1.squarespace.com/static/56be46a6b6aa60dbb45e41a5/t/57eac004c534a59d49feb512/1475002372549/Fact_ParentsAsTeachers_ImpactonHealth_5_6_15.pdf	Parents health fact sheet	Multi-Age
Positive Parenting	https://positiveparentingnews.org/news-reports/talking-to-kids-about-coronavirus/	Video resource about talking with children about COVID-19	Multi-Age
Ready.gov	https://www.ready.gov/helping-children-cope	Helping children cope in disasters	Multi-Age
Sesame Workshop	https://www.sesameworkshop.org/	Dealing with times of uncertainty	Preschool
Sesame Street Caring	https://www.sesamestreet.org/caring	Updated information on caring for children during Covid 19	Multi-Age
Trauma Informed DE	https://traumainformedde.org/	Trauma informed resources	Multi-Age
Understood	https://www.understood.org/en/friends-feelings/empowering-your-child/building-on-strengths/building-resilience-in-kids	Building resilience in kids: what it	Multi-Age

		means and how to do it	
UNICEF	https://www.unicef.org/coronavirus/covid-19-parenting-tips	Parenting tips during COVID-19.	Multi-Age
Zero to Three	https://www.zerotothree.org/ https://www.zerotothree.org/resources/series/magic-of-everyday-moments	COVID-19 Tips for Families with children ages birth-3. Videos and articles on improving your child’s social, emotional, and intellectual development through interactions with your baby during everyday moments.	Birth – Age 3
Zero to Thrive	https://zerotothrive.org/covid-19/covid-19-kids/	Pdf coloring book focused on feelings	Multi-Age

Community Resources		
Resource	Website Link	About
American Academy of Child and Adolescent Psychiatry	https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx	Resources for helping children and families cope amidst COVID-19
Basic Needs Catholic Charities	https://www.ccwilm.org/basic-needs/	Case management services, financial literacy education, budget counseling, job readiness, rent/mortgage/utility assistance, diaper bank, food assistance, and resource and referral services.
First State Community Action Agency	https://www.firststatecaa.org/services.htm	Emergency services, state rental assistance program, comprehensive case management, and other services
Free Diapers		Diaper bank

Delmarva Power	https://nationaldiaperbanknetwork.org/member-directory/	COVID-19 information regarding energy/electric services
National Public Radio	https://www.delmarva.com/SafetyCommunity/Safety/Pages/coronavirus.aspx https://www.npr.org/sections/health-shots/2020/04/12/832269202/no-you-dont-need-to-disinfect-your-groceries-but-here-s-to-shop-safely?utm_source=npr_newsletter&utm_medium=email&utm_content=	Disinfecting groceries
Child Inc DE	https://www.childinc.com/	Variety of services for children & families
Easterseals	https://www.easterseals.com/de/explore-resources/for-caregivers/easterseals-relative-respite.html	Easterseals Relative Respite Program is a program designed to support grandparents or other relatives who are raising children because the parent is no longer able to do so.
Child Care of America	https://goto.webcasts.com/starthere.jsp?ei=1317257&tp_key=d2e59e8f15	Webcast- Caring for Children with Special Health Care Needs During COVID-19
Food Distribution		
DE Food Pantries	https://www.foodpantries.org/st/delaware	Mobile Pantry program.
Catholic Charities	https://www.ccwilm.org/basic-needs/	Food distribution site.
Food Bank:	https://www.fbd.org/ https://www.fbd.org/healthy-pantry-center/ https://www.fbd.org/program/senior-nutrition/ https://www.fbd.org/program/mobile-pantry/	Healthy Pantry Centers located at our Milford and Newark branches. Senior Nutrition program.
Fresh EBT	https://www.freshebt.com/state/delaware/	Food assistance

The Centre for Addiction and Mental Health	https://www.camh.ca/en/health-info/mental-health-and-covid-19	Mental health and the COVID-19 Pandemic
CorePower Yoga	https://www.corepoweryogaondemand.com/keep-up-your-practice	Free on-demand yoga classes
Delaware Immigrant Fund	https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fimmigrantfundde.org%2Fapply-aplicar-aplike%2F&amp;data=01%7C01%7CChristina.Koutsourades%40doe.k12.de.us%7Cd2c89753c89a4e1777c508d8025123c4%7C21b6d6867f08438dbdc6bd214d829bd2%7C1&amp;sdata=cs38plwg0DyEXkEvvTXEsisdgbaA2SGK9hY2NoGhS0%3D&amp;reserved=0	Cash assistance for DE immigrants impacted by COVID-19
DE Libraries	https://lib.de.us/	Variety of resources provided by the libraries.
Delmarva Power	https://www.delmarva.com/SafetyCommunity/Safety/Pages/coronavirus.aspx	Support for customers during COVID-19
Disaster and Community Crisis Center, University of Missouri	https://dcc.missouri.edu/youth-families.html	Building resilience for children and dealing with media coverage of a disaster
Homeless Families DE Housing Authority-Continuum of Care-CoC School House Connection	https://www.housingalliance.org/the-delaware-continuum-of-care https://www.housingalliance.org/covid-19-resources COVID-19 and Homelessness: https://www.schoolhouseconnection.org/covid-19-and-early-childhood-homelessness/ Strategies for Schools and Early Learning Programs [Get the Strategies]	The Delaware CoC is a community-based collaborative that ensures a responsive, fair, and just approach to addressing homelessness, and strives to achieve housing for all. Guidance for Schools and Early Learning Programs. Article on ways to protect infants, toddlers and preschoolers experiencing homelessness during COVID-19.
Kids Healthy Eating Plate	https://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate/	Child-friendly visual for healthy eating while at home.
Library Services	https://mailchi.mp/c2652059592b/library-services-available-now?e=5e720a66b3	Online library services.
Lifeline	https://www.usac.org/lifeline/	Lifeline is a federal program that offers a monthly benefit of up to

		\$9.25 towards phone or internet services for eligible subscribers
Mental Health		
CASEL CARES	https://casel.org/resources-covid	Social emotional resource
CDC	Helping Children Cope with Emergencies https://www.cdc.gov/coronavirus/2019-nCoV/daily-life-coping/managing-stress-anxiety.html	Coping with emergencies. Managing stress and anxiety.
Center for Pyramid Model Innovations	https://challengingbehavior.cbcs.usf.edu/docs/Pandemic_family_infographic.pdf	Infographic on helping your child during the pandemic.
Child Trends	childtrends.org	Ways to promote children’s resilience.
Delaware Department of Services for Children Youth & Families	https://kids.delaware.gov/pbhs/families-emergency-services.shtml	DE hotline for de-escalation of crisis situation for children under and over 18 years old.
Delaware Mental Health Resources and Information	https://mentalhealthde.com/	Facts about mental health and wellness, preventing and treating mental illness, suicide prevention and more.
Delaware Positive Behavior Support	http://wh1.oet.udel.edu/pbs/supporting-positive-behavior-at-home/	Mental Health Resources- COVID-19 Response and Recovery
Early Childhood Learning Knowledge Center- ECLKC	https://eclkc.ohs.acf.hhs.gov/mental-health/article/mental-health-resources-support-response-recovery	Handouts, websites, and videos on supporting positive behavior at home.
Echo Autism	https://echoautism.org/parent-resources-during-covid-19/	COVID-19 autism resources
Help is Here Delaware	https://www.helpisherede.com/#recovery	Mental health/addiction recovery
Holistic Elevation		

<p>Jewish Family Services</p>	<p>https://shoutout.wix.com/so/feN4lp2bu?id=74c227db-735b-4bf0-a570-471ad4769e43#/main</p>	<p>Teletherapy for DE students and their families.</p>
<p>Mental Health America</p>	<p>https://www.jfsdelaware.org/coronavirus/</p>	<p>Remote access to therapy and case management team. JFS OnCALL, an emotional support hotline free to the community.</p>
<p>National Alliance on Mental Illness-NAMI DE</p>	<p>https://mhanational.org/mental-health-month</p>	<p>Mental health toolkit on topics such as finding the positive and connecting with others.</p>
<p>National Association on Mental Illness</p>	<p>https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/pandemic-resources</p>	<p>Mental illness resources</p>
<p>National Association on Mental Illness</p>	<p>https://www.nami.org/covid-19-guide</p>	<p>COVID-19 Guide</p>
<p>National Association of School Psychologists</p>	<p>https://www.nasponline.org</p>	<p>Helping children cope.</p>
<p>National Association of Families for Children’s Mental Health</p>	<p>https://www.ffcmh.org/covid-19-resources-for-parents</p>	<p>The collection of resources includes videos, toolkits, activities to use at home and more to support parents and caregivers and their children during the COVID-19 pandemic.</p>
<p>National Child Traumatic Stress Network</p>	<p>https://www.ffcmh.org/covid-19-resources-for-parents</p>	<p>Mental illness resources</p>
<p>Office of Child Care</p>	<p>https://childcare.gov/covid-19</p>	<p>ChildCare.gov includes information to help families and child care providers learn more about the impact of COVID-19 in their state or territory, including ways to find emergency care.</p>
<p>Parent Information Center of DE-PIC</p>	<p>https://picofdel.org/</p>	<p>Variety of resources for individuals with disabilities</p> <p>Parenting in times of crisis</p>

Prevent Child Abuse DE University of DE-DE PBS Project University of Wisconsin-Madison Yale University Zero To Three	Prevent Child Abuse Delaware http://wh1.oet.udel.edu/pbs/resources-for-families/ https://www.waisman.wisc.edu/covid-19/#coping https://covid.yale.edu/resources/cscrecs/ https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus	Positive behavior and learning at home. Coping Family resources and suggestions for coping with COVID-19. Tips for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.
Orange Theory	https://www.orangetheory.com/en-us/at-home/	Daily free workouts
Planet Fitness	https://www.facebook.com/planetfitness/	Free home workouts during COVID-19
Resource and Referral 211 Children and Families First Catholic Charities	https://www.delaware211.org/ https://www.cffde.org/newsroom https://www.ccwilm.org/basic-needs/	Connect with nonprofits and agencies in need of support in light of COVID-19. Update on programs and services provided by Children and Families First.
Sexual Assault Response Center	https://www.rainn.org/about-national-sexual-assault-telephone-hotline	Teletherapy for those individuals dealing with domestic and/or sexual violence.
Sesame Street Communities	https://sesamestreetincommunities.org/topics/health-emergencies/	Community Support during COVID-19
Screening For Life	https://dhss.delaware.gov/dph/dpc/sfl.html	Cancer screening
State and Federal COVID-19 Resources: 2020 Census	Learn more about Census Bureau adjustments due to COVID-19	2020 Census COVID-19 adjustments

<p>Benefits.gov</p> <p>IRS</p>	<p>Nickelodeon</p> <p>Statistics in Schools</p> <p>Sesame Street</p> <p>https://www.benefits.gov/help/faq/Coronavirus-resources</p> <p>https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments</p> <p>www.irs.gov/coronavirus/non-filers-enter-payment-info-here</p>	<p>Videos, flyers, and social media tools</p> <p>Resources that can be used for at-home and distance learning.</p> <p>PSAs, flyers, and worksheets.</p> <p>Variety of federal government benefits information</p> <p>COVID-19 tax relief and economic impact payments</p> <p>How to access stimulus checks without having filed taxes</p>
<p>Sussex County Health Coalition</p>	<p>https://www.sussexcoalition.org</p>	<p>Community resources</p>
<p>Transportation</p> <p>DART</p>	<p>https://dartfirststate.com/</p>	<p>Rider information, schedules, and updates</p>
<p>Unemployment</p> <p>Department of Labor</p>	<p>https://ui.delawareworks.com</p>	<p>File for unemployment insurance claim</p>
<p>YMCA</p>	<p>https://virtually.ymcade.org</p>	<p>Live and on-demand fitness classes, including family classes.</p>