

Parent Support During Covid/Virtual Learning- Websites (pg. 1) and Video Resources (pg. 2)

<u>Child Mind Institute</u>	The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders.
<u>Regional Educational Laboratory Appalachia (REL AP)</u>	Supporting Students Experiencing Trauma During the COVID-19 Pandemic
<u>Center for Disease Control and Prevention</u>	Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers
<u>The Washington Post: Guide to Summer Activities</u>	The ultimate parents' guide to summer activity resources (includes year-round family activities)
<u>UC Davis Health</u>	Coronavirus (COVID-19) resources for parents- a list of useful resources, videos, and podcasts from UC Davis Health experts for parents to help their children during this unique time.
<u>ESI Employee Assistance Group</u>	Resources for parents to help in the planning process over the school year. These resources include safety measures, tools for at-home learning and homeschooling, and resources for helping parents juggle working from home and at-home learning.
<u>Michigan Health</u>	Back to school: Experts answer questions about mental health, socialization, screen time, special learning needs, and more.
<u>American Academy of Child and Adolescent Psychiatry</u>	Resources for Helping Kids and Parents Cope Amidst COVID-19
<u>Prevent Child Abuse America</u>	Coronavirus Tips & Resources for Parents, Children, Educators & Others
<u>MN Department of Health</u>	Tips and Resources for Children and Parents During COVID-19
<u>Zero to Three</u>	Tips for Families: Coronavirus The following resources offer tips for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.
<u>Pikmykid</u>	PikMyKid strives to help schools around the world in creating a safer learning environment, that's why we've created this page of K12 distance learning resources for all teachers, parents, students, and school administrators.

[U.S. News](#)

10 Teaching Resources for Parents During COVID-19
With schools closed due to the coronavirus, here are online resources parents can use to keep students' skills sharp.

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Parent Tips-Managing distance learning at home	<p>Description: 4 minute video on tips about Managing distance learning at home.</p>
Khan Academy Webinar for Remote Learning	<p>Description: 32 minute webinars for Khan Academy Setting a daily learning schedule for middle school students. Structuring a day for your middle school student. Walking through a sample daily schedule and giving you suggestions on ways to adapt it for your family.</p>
CASEL CARES : Building Resilience to Support Ourselves, Others, and Our Student	<p>Description: 50 minute webinar for educators self care- CASEL Cares: Building Resilience to Support Ourselves, Others, and Our Students</p>
Coronavirus: Kids and Anxiety During the COVID-19 Pandemic	<p>Description: 29 minute video about anxiety during the Pandemic. Dr. Breanna Winder-Patel, a clinical psychologist at the world renowned UC Davis MIND Institute, answers questions about guiding kids through this difficult situation, including those with neurodevelopmental differences, and explains how to understand and manage their stress and anxiety.</p>
K-12: How can parents support their kids during the COVID-19 Crisis	<p>Description: 15 minute video Dr. Michael K. Barbour, Associate Professor of Instructional Design at Touro University California shares examples from around the world of how schools are taking on learning, the California Department of Education Guidebook for reopening and tips for parents to help their children in a unique learning space.</p>

Addressing Parenting Stress During COVID-19	<p>Description: 31 minutes Helping support Parents and students during COVID-19 and understanding developmentally at each age level.</p>
Ask The Experts: Mental Health for Parents and Klds During Covid-19	<p>Description: About an hour long Ask The Experts: Mental Health for Parents and Kids During COVID-19</p>
Supporting our Children and Adolescents during Covid-19	<p>Description 56 minutes possible supports during Covid-19 for children and adolescents</p>
Back to school Q and A	<p>Description Q and A session for parents and educators</p>
COVID-19 tips for Parents on how to support students emotionally	<p>Description 18 minute video: Understanding how our kids are feeling and tips for parents how to work through this.</p>
COVID-19 Mental Health Concerns/ Resources for Families	<p>Description 6 minute video about ways to cope with the Pandemic and resources</p>
Fostering Self-Esteem in Adolescents	<p>Description 10 minutes CARES Counselor Steven Lu describes strategies on how to Foster Self-Esteem in Adolescents</p>
How to Make Your Child's Virtual Learning a Success	<p>Description 6 minute video CARES Counselor Steven Lu describes strategies on how to Make Your Child's Virtual Learning a Success</p>

Credits:

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