

## RESOURCES FOR FAMILIES DURING COVID-19

As we are all learning how to adjust to a “new normal” during the COVID-19 health crisis, the Work Life office is here to support and brave this challenge alongside you so that you can be well at work and at home. Among the myriad of articles that provide advice on how parents can navigate these stressful times, here are a few that we recommend:

- [The Importance of Self-Care](#)
- [10 Tips for Talking about COVID-19 with Your Kids](#)
- [Resources for Supporting Children’s Emotional Well-being during the COVID-19 Pandemic](#)
- [Got Kids? Try These 11 Quick Tips for Working from Home while They’re with You](#)

Families and friends can still find meaningful ways to connect with each other, even while practicing social distancing. Take a look at these articles for helpful ideas:

- [Five Tips to Make the Most of Video Chats](#)
- [Under Quarantine, Media is Actually Social](#)

And keeping a sense of humor can remind us of our resilience. This comic is sure to bring a smile to your face: [Just for Kids: A Comic Exploring the New Coronavirus](#)

### Resources for Online Learning

With early childhood programs and schools currently closed, families have been given tools and materials to transition their children’s learning online. Please continue to follow your program’s or school’s guidance and direct any specific questions or needs about your child’s progress to your child’s teacher(s). To keep up-to-date re: the NYC Department of Education’s guidance for public schools, check out their dedicated [coronavirus webpage](#). In addition, take a look at [Learn at Home](#), which are resources compiled by the DOE to support remote learning.

If you’re looking for supplemental resources, check out these websites to spark children’s curiosity to dig deeper:

- [New York Public Library](#)
- [Brooklyn Public Library](#)
- [Internet Archive](#)
- [Open Culture](#)
- [Common Sense Media](#)
- [YouTube EDU](#)
- [TEDEd@Home](#)
- [Crash Course](#)
- [Smithsonian Kids](#)

- [National Geographic Kids](#)
- [Discovery Kids](#)
- [PBS Kids](#)
- [Kinedu](#)
- [Audible](#)
- [Platinum Arts Sandbox 3D Game Maker](#)

Additional educational resources will be featured on the [Work Life Facebook page](#). The Program Director for Child Care & Education is also available for one-on-one consultations for parents looking to brainstorm ideas or just to commiserate together about the challenges of homeschooling while working and to celebrate the small successes!

### **Child Care**

Working from home with your children is no small feat. If you need child care, you can utilize your 10 days of back-up care coverage through [Bright Horizons](#). If you need more ongoing child care, you can find a sitter or a nanny through [Sittercity](#), who has been [helping families and sitters navigate through this difficult time](#). And please continue to follow [CDC recommendations](#) and [local officials](#) on how to stay safe during this health crisis.

### **Virtual Classes**

Many [enrichment programs](#) have moved their classes online, as well. Also check out these sites to find more classes:

- [Sawyer](#)
- [Kidpass](#)