



## Resources for Supporting Families and Staff during the COVID-19 Health Crisis

Please note: The following links have been suggested in national and statewide webinars/meetings. Please review the content for meaning in your work and vet with your organization prior to sharing.

### COVID-19 Resources

**Center for Disease Control:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**PA Department of Health:** <https://www.health.pa.gov/Pages/default.aspx>

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

**Como hablar con tus hijos sobre el Coronavirus:** <https://www.pbs.org/parents/thrive/como-hablar-con-tus-hijos-sobre-el-coronavirus>

**National Parent Teacher Association:** [www.pta.org/COVID-19](http://www.pta.org/COVID-19)

**The Collaborative for Academic, Social, and Emotional Learning (CASEL):**  
<https://casel.org/covid-resources/>

**Child Trends:** <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

### For Parents

**ABCya learning games:** <https://www.abcya.com/>

**Alice's Kids:** <http://aliceskids.org/> (To receive three books per child, up to three children, contact [books@aliceskids.org](mailto:books@aliceskids.org).)

**Children's Trust Fund Alliance – Resources for Child Abuse Prevention Month:**  
<https://ctfalliance.org/partnering-with-parents/parent-voice/>

**Discovery Online virtual field trips:** <https://www.discoveryeducation.com/community/virtual-field-trips/>

**Dr. Bob Sege's Blog:** <https://positiveexperience.org/blog/>

**Harvard's Center on the Developing Child:** <https://developingchild.harvard.edu/stress-resilience-and-the-role-of-science-responding-to-the-coronavirus-pandemic/>

**A Kid's Book About:** <https://akidsbookabout.com/pages/covid-19>

**National Center for Families Learning:** <http://www.familieslearning.org/resources/out-of-school-time>

**PBS Kids Apps:** <https://pbskids.org/apps/>

**PBS KIDS for Parents:** <https://www.pbs.org/parents>

**The Ounce parent tools:** <https://www.theounce.org/resources/parent-tools/>

**Prevent Child Abuse America resources:** <https://preventchildabuse.org/coronavirus-resources/>

**Seussville:** <https://www.seussville.com/>

**Storyline Online** (actors reading books to children): <https://www.storylineonline.net/>



**QNS Online Learning and Homeschooling Resources:** <https://qns.com/story/2020/03/16/free-resources-and-subscriptions-for-remote-learning-and-home-schooling-due-to-coronavirus/>

**Ready Rosie:** <https://www.readyrosie.com/>

**Teach Me to Talk:** <https://teachmetotalk.com/>

**Zero to Three:** <https://www.zerotothree.org/>

## Professional Development

**PA Family Support Webinars:** <http://www.pa-pat.org/pat-professional-development/>

**Family Support and Home Visiting Website (OCDEL):** <http://www.pa-home-visiting.org/training/>

**Institute for Family Support Professionals:** <https://institutefsp.org/>

**Cox Campus:** <http://www.coxcampus.org/>

**First Three Years Texas:** <https://first3yearstx.org/free-online-courses/>

**Public Library Association:** <http://www.ala.org/pla/issues/covid-19>

**Mid Atlantic Equity Center:** <http://maec.org/resources/>

**Institute for Educational Leadership:** <http://iel.org/resources>

## Telework/Means to Connect/Staff Morale

Please note: The PA PAT state office at the Center for Schools and Communities does not endorse or support any specific application or developer of applications.

**Mentimeter:** <https://www.mentimeter.com/>

**Zoom:** <https://zoom.us/>

**Cisco WebEx:** <https://www.webex.com/>

**DocuSign:** <https://www.docusign.com/>

**House Party:** <https://houseparty.com/>

**Poll Everywhere:** <https://blog.pollerywhere.com/remote-work-tips/>

**Power BI:** <https://powerbi.microsoft.com/en-us/>

**Leading a team remotely:** <https://www.themuse.com/advice/manage-remote-team-tips-coronavirus>

**Maintaining morale and productivity:** <https://chiefexecutive.net/maintaining-morale-and-productivity-during-covid-19/>

**Creative ways to connect:** <https://www.criteo.com/insights/5-ways-were-keeping-morale-up-during-covid-19/>

**Virtual Service Delivery Readiness:** <https://tinyurl.com/VirtualServiceDelivery>

**Free Yoga:** [www.doyogawithme.com](http://www.doyogawithme.com)

**Let's Meditate:** <https://play.google.com/store/apps/details?id=com.meditation.elevenminute>

**Mindfulness Exercises:** <https://mindfulnessexercises.com/free-mindfulness-exercises/>