

Tips

- Protect your quiet time, it is so important for you to “set the day” with Jesus before you get going with your day. You can do this by reading scripture together or praying together.
- Don’t forget to connect with others. FaceTime, call, family and friends during this unique time to foster connections.
- Have a relative or friend read or tell a story to your kids over FaceTime or Zoom.
- More than anything, this is a time to really press into and develop a strong relationship with your children. You being with them is ultimately what they need, everything else is a bonus!
- You aren’t alone. We are here for you, if you have questions, just reach out and we will do our best to help resource you.
- Embrace quiet moments and don’t fear boredom; boredom is good for fostering creativity and independence.
- Don’t worry about your kids getting behind, focus on building memories, finding daily rhythms that aren’t overwhelming, use this season as an opportunity to capitalize on more moments to come together as a family than you would get with your kids away at school. This has the potential to be a really special, bonding, time for your family.
- If it’s just not working today, don’t get frustrated. Grab a snack and read a wonderful book together or play in the yard, do something fun and interactive as a family!
- Try to avoid *regularly* turning to TV, but there are many good resources available on TV that can supplement education.
- Kids thrive on schedules and instruction, while having a schedule takes time to develop, it will ultimately help your kids know what to expect each day. When kids know what is expected of them they are more willing to press in and do work knowing that free time is coming.
- Prioritize relational time with kids – this is the best gift we can give them in this time.

Family/Education Planning – helpful for creating a rule of life for this new season.

Resources

- [How to talk to your kids about the Coronavirus](#)
- Field Trips: [Cincinnati Zoo](#), [Mars – interactive 360 degree map](#), [Virtual Field Trips](#), [Google Earth](#) – explore the world, learn about different cultures and people.
- Gym time: Kids workouts at [OrangeTheory](#), [Planet Fitness](#)

For Kids Aged 2-7

- [The Other Goose](#)
- [Adventures in Odyssey Club](#) – free 28 day trial

All Ages

- [An all inclusive list of free resources.](#)
- [Scholastic Learn at Home](#)
- [Khan Academy](#) – Teaching videos for many subjects, is really helpful with Math/Sciences, he explains it in a different way that can help students understand when you are stuck in explaining a difficult concept.
- [Audio books](#) – going through an audio adventure together while listening to someone else (great for quiet time so you can get work done while they listen. Let them draw or do lego while they listen quietly) Audible.com has a 30 day free trial! They also have free online book readings for kids.
- [Raddish Kids](#) has posted some free recipes on their websites. Try turning mealtime and baking into education, recipe planning, math, etc
- [Read Aloud Revival](#) – great book lists broken down by genre, age, wordless, etc.
- [Smarter Every Day](#) – Kid friendly, science YouTube videos – have them listen and then tell you what they learned, trying to remember actual terms
- [Mark Rober](#) – He will be live streaming science classes on his YouTube page every Monday/Wednesday/Friday at 1pm PST.
- [Museum of Natural History's](#) interactive website

- **Social Emotional Learning** – As our rhythms get disrupted and many normal distractions are stripped away from our routine it is common for social, emotional, and mental health issues to start popping up in our kids lives. This online resource is helpful for equipping parents with tools to engage with their kids and to allow them to process through this difficult time.

Supporting Kids and Teens Through COVID-19

- [How to talk to your child about COVID-19 \(Unicef\)](#) – Good general guidelines to use when preparing to speak to children about COVID-19.
- [Talking to Kids about the Coronavirus \(Child Mind Institute\)](#)
- [Managing Anxiety and Stress during COVID-19 \(CDC\)](#) – Gives a list of behaviors that children or teens may exhibit due to stress from COVID-19 and ways to help before seeking professional help.
- [Parenting during the Coronavirus \(Focus on the Family\)](#) – If you scroll partway down this page, you'll find tips for parents including parenting effectively during the outbreak, educational activities for kids who are stuck at home, practical resources for teaching kids from home, how to talk to kids about COVID-19, staying sane while working from home with kids, and showing grace when in close quarters.
- [How to handle increases in sibling fighting \(Raising Children – A parenting website\)](#). Includes resources around what to do after a disagreement or fight. With older elementary students, you can teach them to go through this process themselves, although some will continue to need guidance.
- [Committee for Children](#) – online resources for families that are free through June to help kids with managing their response to COVID-19. They have resources for mindfulness (Mind Yeti) which can help children learn skills in stress management.
- [Managing Mental Health when in quarantine](#) – This resource isn't child specific, but speaks in general about how to address mental health concerns, and how to manage it if you or a family member already struggle with mental health. Remember that 19% of adults at any given time, and 13–20% of children experience a mental health illness during a given year (statistic from the CDC).

How to know if your child or teen needs additional support with mental health

- [Signs that your child or teen may need professional help \(Cleveland Clinic\)](#) – Offers a good general list of symptoms to be aware of in regards of when to get help.

If you have a child or teen that is struggling with mental health and you want to get help:

If you think your child or teen needs additional help, the first step is to contact his or her pediatrician. They are often the gatekeeper for mental health services and know how to proceed based on your insurance. When you call, it helps to have a list of the symptoms

you've noticed in addition to the severity and length of the symptoms to share with the doctor or nurse. They can then direct you to the next steps.