

RESOURCES FOR FAMILIES

Educational Resources

Storyline Online www.storylineonline.net

Starfall: I'm Reading! www.starfall.com/n/level-c/index/load.htm?f

HOME SCHOOL HIDEOUT- The link below provides many resources for families and students

<https://homeschoolhideout.com/educational-apps-for-kids/>

Educational shows on Netflix

<https://homeschoolhideout.com/educational-shows-on-netflix/>

Mindfulness

<https://centerhealthyminds.org/join-the-movement/well-being-tips-for-children-and-their-families>

<https://www.gonoodle.com/>

Wellness

<https://www.mindfulschools.org/personal-practice/take-a-break-keep-perspective-be-kind-in-uncertain-times/>

Great resource from UB <https://socialwork.buffalo.edu/resources/self-care-starter-kit.html>

<https://confidentparentsconfidentkids.org/>

Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Coping with Stress During Infectious Disease Outbreaks

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources?fbclid=IwAR10rSyxyDwWlghwc1gY1wKg28thOIDI0MVh5PIbzNfuJNf4btcZpgcM_mY

Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Digital Resources

Altice/Optimum

Starting Monday, March 16, 2020, eligible households interested in this solution can call: 866-200-9522 to enroll in Optimum region

<https://www.alticeusa.com/news/articles/feature/corporate/altice-usa-brings-free-broadband-k-12-and-college-students-during-coronavirus-pandemic>

AT&T is also offering 60 days of free public service

<https://about.att.com/pages/COVID-19.html>

Verizon announced it would not charge late fees or disconnect accounts for an indefinite amount of time. <https://www.verizon.com/about/news/verizons-covid-19-relief-efforts>

T-Mobile, Sprint, AT&T and Comcast are all lifting their unlimited data caps for cell phone subscribers for at least 60 days,

Self-Injury

<http://sioutreach.org/learn-self-injury/parents-and-families/#ffs-tabbed-14>

<http://selfinjury.bctr.cornell.edu/resources.html>

Suicide Prevention

<https://suicidepreventionlifeline.org/>