

# RESOURCES FOR FAMILIES

## Educational Resources

### **Educational Resources**

#### **Reading**

Storyline Online [www.storylineonline.net](http://www.storylineonline.net)

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

Reading Rockets [www.readingrockets.org](http://www.readingrockets.org)

#### **General Resources**

Home School Hideout provides educational resources for families for homeschooled families  
<https://homeschoolhideout.com/educational-apps-for-kids/>

PBS Kids <http://pbskids.org>

The Home Teacher <http://thehometeacher.blogspot.com>

The Kid Should See This <http://thekidshouldseethis.com>

Learn to Read from Your Sofa [www.sofasandsectionals.com/sofa-reading-resources](http://www.sofasandsectionals.com/sofa-reading-resources)

BrainPOP Jr. [www.brainpopjr.com](http://www.brainpopjr.com)

The NED Show [www.thenedshow.com](http://www.thenedshow.com)

#### **Educational shows on Netflix**

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

#### **Virtual College Tours**

<https://campustours.com/>

<https://www.youvisit.com/collegesearch/>

<http://www.ecampustours.com/>

## **Virtual Field Trips**

<https://www.iflscience.com/editors-blog/going-stir-crazy-in-self-isolation-travel-the-world-from-your-couch-with-these-virtual-field-trips/>

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

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

<https://www.scholastic.com/teachers/articles/teaching-content/virtual-field-trips/>

## **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=IwAR10rSyxyDwWlghwc1gY1wKg28thOIdIOMVh5PIbzNfuJNf4btcZpgcM\\_mY](https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources?fbclid=IwAR10rSyxyDwWlghwc1gY1wKg28thOIdIOMVh5PIbzNfuJNf4btcZpgcM_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,

Spectrum will provide free internet service to families in need, please contact 1-844-488-8398

### **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/>