

DLD Parent Tip Sheet

Dear Parents,

We are thinking of you all during this time. We know it is a time of uncertainty and stress for families. Above all we want you to be safe and stay healthy. If there is any way our department can support, you please do not hesitate to reach out. Below are some tips, free online resources and just some ideas to make this time at home a chance to connect with one another in a positive way.

As parents, our children look to us on how to react. If we stress, they will and if we make it fun, they will remember this when they tell their children about the time the "world shut down." This is history in the making. Try not to stress about the academic piece, do what you can each day and use this time to have fun with your children and make some memories.

Tip #1 Sit down as a family and decide what the new norm will be at your house. Try to make a loose schedule for what your days will look like. Remember outside time is so key right now. Get out and moving (when it's not raining).

Tip2# Designate an area of the house to be where you do "school". We created a fun "office space" that is a fort where we do our schoolwork at our house.

Tip #3 Free resources from Scholastic books. <https://classroommagazines.scholastic.com/support/learnathome.html>

Tip #4 Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch

https://people.com/travel/stuck-at-home-these-12-famous-museums-offer-virtual-tours-you-can-take-on-your-couch/?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200313&utm_term=7728056&fbclid=IwAR1x2qBYa5pSlxLtF6exL7JBvEtVDMqG0G4AwF9hXRJIDxIBtVHGVswOLPs

Tip #5 Comcast offering Internet Essentials for free for low income families for 60 days. <https://www.wxyz.com/news/national/coronavirus/comcast-offering-internet-essentials-package-free-for-60-months-during-coronavirus-outbreak?fbclid=IwAR3xcThxftGpGIA-8p27Y-8DZ98qE2CgmWYdA5PAHlpmCpiJmNKWKIN5ko>

Tip #6 Here is a spread sheet with tons and tons of free educational websites and resources! <http://www.amazingeducationalresources.com/>

Tip #7 Kids websites

www.pbs.org

www.highlightskids.com

www.starfall.com

www.pbskids.org

www.funbrain.com

www.switcherzoo.com

www.kids.nationalgeographic.com

www.reading.ecb.org

www.seussville.com

www.abcya.com

<https://www.raz-kids.com/> (free membership till June)
<https://www.headsprout.com/> (free membership till June)

Learning A-Z is also offering free subscriptions until the end of this school year. They have wonderful readers in Spanish for different levels <https://bit.ly/2xv2Nvt>

Tip #8 Keep those kids moving with fun yoga and activities for indoors!

This company is offering free subscriptions. A great way to get kids moving with the rain
<https://fluencyandfitness.com/register/school-closures/>

Harry Potter Yoga <https://www.youtube.com/watch?v=R-BS87NTV5I&feature=youtu.be&fbclid=IwAR3gbP8XpfieNZWCerqI3hA2Qea9dzYulDOhqlf536KokTg7R5nFbNuMowM>

Three Little Pigs
<https://www.youtube.com/watch?v=Nac95KdNaZ0>

MineCraft Yoga
<https://www.youtube.com/watch?v=02E1468SdHg>

Star Wars Yoga <https://www.youtube.com/watch?v=BEPxPkQY6V8>

Pokemon Yoga <https://www.youtube.com/watch?v=tbCjkPlsaes>

Frozen Yoga <https://www.youtube.com/watch?v=xlg052EKMtk>

Spiderman Yoga <https://www.youtube.com/watch?v=fnO-lGEMOXk>

Very Hungry Caterpillar Yoga <https://www.youtube.com/watch?v=YnuOeG2EpVk>

Tip #9 Field Trips such as Mars, San Diego Zoo, Yellowstone National Park etc. Thanks to my sons school counselor for sharing! https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR16nr8fY9ehV8inKA95pC_G0yn98SwRaToEUTpjaPdGcUGJbaO_Cv6da8Q

Tip#10 Great brain Pop Video for kids explaining the virus. https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?fbclid=IwAR19obRJ0qxl05Kzv_6giN7tiydGbeOtMeXrQ5t1pZHk5R2QiG69aIBUWpY

Tip #11
View live Operas from the Met More info in this link https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=tw&utm_medium=s1&fbclid=IwAR0v3cXlr_RXIzOctmbCHyBQRKtV0hJmql6wSJ3QLIDuXmm4GRPkzi3oTbo

Tip #12 Italian Museums on line tours https://anamericaninrome.com/wp/2020/03/italy-museums-visit-for-free-online/?fbclid=IwAR14H7G22ohySOB8qT5b5eR_Y8fdMjmOdpXFL8LZm3iNiPKHNaf8Y9J4eFE

Here are some ways to talk to your child about the virus and what is going on globally

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

How to deal with the stress

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

National Association of School Psychologists: How to talk to your child about the virus https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

If your child is anxious about all this, which is normal maybe have them do this packet. It is free to sign up for an account, anyone can get it. This one is free. https://www.teacherspayteachers.com/Product/SEL-Home-Learning-Packet-supports-Social-Emotional-Learning-5326481?fbclid=IwAR2VZImVtHLwKvMtgYYNv_h-83sZr4Rbzc2gM2AYJZOxjWhH_eLqQBesoxQ

Tip #13 Practice Mindfulness together!

<https://www.teacherspayteachers.com/Product/Mindfulness-for-Distance-Learning-5330594>

Tip #14 150 + Educational shows on Netflix! <https://homeschoolhideout.com/educational-shows-on-netflix/?fbclid=IwAR2oLSOmnhZ6hPrGISTpGOTySQiuKhqZJTQtEgZhoIx3YoVXbonU1L2lf6w>

Tip #15 U-Haul will store the college kid's items for 30 days for free while you figure out where to put everything! https://www.cnn.com/2020/03/13/us/uhaul-college-students-coronavirus-trnd/index.html?fbclid=IwAR2WUWSx7tLsNPRDIWa4kaulwQyIPQe4HMkOtNFit_M1MLUaUUyR3_1uSa0