

Resources for Families During the COVID 19 Pandemic

Developed by the MICC Parent Members

Information for adults:

1. An article for parents about the [stress of parenting during the Coronavirus pandemic](https://www.pbs.org/parents/thrive/parenting-during-coronavirus-you-are-enough).
<https://www.pbs.org/parents/thrive/parenting-during-coronavirus-you-are-enough>
2. Zero to Three provides resources that [offer tips for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing](https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus). Also contains information about making the most of video chats and technology.
<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
3. [Early Childhood Development](https://www.acf.hhs.gov/ecl/child-health-development/watch-me-thrive/families), an Office of the Administration for Children and Families
<https://www.acf.hhs.gov/ecl/child-health-development/watch-me-thrive/families>

Not related to COVID-19 but contains developmental milestone information families may find helpful including a developmental milestones tracker quiz.

4. [The Early Childhood Technical Assistance Center \(ECTA\)](https://ectacenter.org/) serves as the 'hub' for resources to support the Individuals with Disabilities Education Act (IDEA) early intervention and early childhood special education (0-5) service delivery. <https://ectacenter.org/>
The ECTA Center offers daily updates on:
 - [Coronavirus Disease \(COVID-19\)](https://ectacenter.org/topics/disaster/coronavirus.asp)
<https://ectacenter.org/topics/disaster/coronavirus.asp>
 - [Supporting Children and Families during the COVID-19 Pandemic](https://ectacenter.org/topics/disaster/coronavirus-talking.asp)
<https://ectacenter.org/topics/disaster/coronavirus-talking.asp>
 - [Tele-Intervention and Distance Learning](https://ectacenter.org/topics/disaster/tele-intervention.asp)
<https://ectacenter.org/topics/disaster/tele-intervention.asp>
 - [Activities for Families at Home](https://ectacenter.org/topics/disaster/familiesathome.asp)
<https://ectacenter.org/topics/disaster/familiesathome.asp>

Reading with your child:

5. For as long as schools are closed, [Amazon Audible](https://stories.audible.com/) is open. Right now, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on your desktop, laptop, phone, or tablet. <https://stories.audible.com/>
6. [Story Time from Space](https://storytimefromspace.com/) is a project of the Global Space Education Foundation, a 501(c)(3) nonprofit education foundation. They send children's books to the International Space Station. While in space, astronauts video tape themselves reading these books to the children of Earth. These videos are being edited and placed on this Story Time from Space website under the heading "Story Time Videos." <https://storytimefromspace.com/>

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7. Use your library card and download the [Hoopla](https://www.hoopladigital.com/) app. You will have access to free eBooks, music, and digital movies. <https://www.hoopladigital.com/>
8. [Scholastic magazine offers day-by-day projects](https://classroommagazines.scholastic.com/support/learnathome.html) to keep children busy learning, thinking, and growing at home. <https://classroommagazines.scholastic.com/support/learnathome.html>

Activities to do with your child:

PBS Kids offers a [free daily newsletter for children and free resources](https://www.pbs.org/parents/pbskidsdaily) to support families: <https://www.pbs.org/parents/pbskidsdaily>

[Playdough recipe](https://www.mckenziefoods.com.au/recipe/playdough/): <https://www.mckenziefoods.com.au/recipe/playdough/>

Plant seeds indoors using eggshells. When they are big enough, transfer them to an outdoor garden.



Paint your windows with any washable paint and a drop of dish soap.



Set up a tent in your living room. If you don't have a tent, make one with blankets.

