Resources for Parents During COVID-19

Updated 5/22/20

As we all adjust to our new realities and attempt to establish new routines and structures, the School and Child Care Search Service wants to share some resources to support you. This list is a collection of resources that we have found or that have been sent to us from various sources. These are not recommendations. We encourage you to explore the sites to determine which ones might be appropriate for your child. We will continue to add to it as we gather more information.

In our care and concern for parents, we recognize that at the moment anything and everything can feel overwhelming—including our list of resources! We encourage you to take your time and move ahead at a pace that works for you.

Academic Support – All Ages

2020 Spring Virtual School Admissions Events
50 Books All Kids Should Read Before They’re 12
Academic Earth
Dial-A-Teacher
Duolingo
Help Kids Stay Focused
Khan Academy
NYC Department of Education Learn at Home Activities for Students
Open Culture Free Educational Resources
Scholastic Learn at Home: Free Resources for School Closures
State of the Planet *CU*
Ten Best Educational Documentaries
The Louvre Virtual Tour
The National Gallery Virtual Tour
Top Time-Management Apps
Virtual Field Trips
Zoos and Aquariums

Bronx Zoo
Cincinnati Zoo
Cincinnati Zoo Daily Live Video at 3:00pm
Dallas Zoo
Jenkinson’s Aquarium
Monterey Bay Aquarium
Omaha Zoo
San Diego Zoo
Shedd Aquarium
Smithsonian National Zoo

Academic Support – Early Childhood

ABCmouse.com
Educational Apps, Games, and Websites
Fun Brain
Lunch Doodles with Mo Willems
National Geographic
PBS Kids
Scholastic Learn at Home: Pre-K
Starfall – Pre-K
The LivBits Interactive Read Aloud

Academic Support – K-5

ABCmouse.com
Big History Project
BrainPOP
ClickSchooling
Curriculum Associates
FarFaria
Fun Brain
GoNoodle
Lunch Doodles with Mo Willems
National Geographic
NYC Department of Education Learn at Home Activities for K-5
Scholastic Learn at Home: Grades 1-2
Scholastic Learn at Home: Grades 3-5
Scholastic Learn at Home: Kindergarten
Starfall Grades K-3
Tynker - Coding for Kids

Academic Support – 6-8
Big History Project
Chegg Math Solver – Math Help
ClickSchooling
Course Hero – Homework Help
Fun Brain
MathPapa – Algebra Calculator
New York Times Daily Writing Prompt
NYC Department of Education Learn at Home Activities for Middle School
Scholastic Learn at Home: Grades 6+

Academic Support – Special Education
NYC Department of Education Learn at Home Activities for Special Instruction and Student Supports
Vizzle

Emotional Support for Kids
Calm Kids
Child Mind Institute
Daily Advice About Supporting Kids During COVID-19 Crisis
Emotional Support for Parents

6 Ways to Take Care of Yourself in Quarantine
8 Ways to Set Boundaries Between Work and Kids
Breathe2Relax
Calm – Take A Deep Breath
Communicating with Children
Doctors Expect a ‘Huge Spike’ in Pediatric Injuries at Home
Guided Mindfulness Meditation Audio *CU*
How to Build Resilience in Stressful Times
How to Help Your Relationship Survive a Lockdown
How to Home School During Coronavirus
How to Work From Home Alongside Your Partner Without Losing It
JCC Virtual Programs
Kids Won’t Stop Fighting? A Bouncer, a Therapist and a Referee Have Advice
Mindfulness Hamilton
Minimizing Power Struggles with Toddlers and Preschool Children
Montessori and Mindfulness
NASA Astronaut’s Tips for Isolation
Now’s a Good Time to Teach Your Kids to Play on Their Own
Office of University Life Well-Being Videos *CU*
Parents Need Stress Relief, Too
Poetry Center Online
Should You Breastfeed if You Have the Coronavirus?
Should You Have a Home Birth Because of Coronavirus?

Single Parents Are Struggling, but Enduring, Through the Pandemic

Stress and Coping

Supporting Families During COVID-19

Taking Care of Your Emotional Health

The Challenge of Feeding Kids During Coronavirus

You and Your Kids Can’t Stand Each Other. Now What?

Educational YouTube Channels

Crash Course Kids

Discovery Education

Geek Gurl Diaries

GEOgraphy Focus

Kids Learning Tube

Mike Likes Science

Science Channel

Science Max

SciShow Kids

Smithsonian

The Brain Scoop

Fun Activities

27 Broadway Songs That Will Inspire You to Win at Life

500+ Kids Arts and Crafts Activities

Art at Home

Baby’s Musical Hands

Best Documentaries

Best Family Movies

Broadway Songwriters’ Hand Washing Songs

Columbia University Teachers College Virtual Events

*CU*
Common Sense Movie and TV Selections
Device-Free Dinner
Duckie Deck Homemade Orchestra
Free Wi-Fi During Coronavirus
Giant List of Ideas for Being Home with Kids
Help from Authors for Young Readers
Live Theatre and Music Performances from You Home
Macaroni Kid
New Kids’ TV Shows 2020
New Victory Arts Break
PBS Kids
Sibling Watch-Together TV
Spatulatta
Switch Zoo
Virtual Classes
Virtual Disney World Rides

Exercises

305 Fitness
92Y Kid Friendly Exercises
Barry’s Boot Camp Workout Studio
Breathe, Think, Do with Sesame Street
CorePower Yoga
Fitness Blender
FitOn
Land Yoga Live Stream Classes
Nike Training Club App
P.volve
Super Stretch Yoga
New York Times Parenting Articles

The Challenge of Feeding Kids During Coronavirus
Should You Have a Home Birth Because of Coronavirus?
Doctors Expect a ‘Huge Spike’ in Pediatric Injuries at Home
Should You Breastfeed if You Have the Coronavirus?
Video Games to Play With Your Kids That Won’t Drive You Crazy
How to Home School During Coronavirus
Now’s a Good Time to Teach Your Kids to Play on Their Own
Running Out of Games? Remember These Old-School Favorites
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