Resources for Parents During COVID-19

Updated 7/8/20

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
La Escuelita de Sofia - Where learning spanish is fun!
New York City School Library System
NYC Department of Education Learn at Home Activities for Students
NYC DOE Summer Reading
Open Culture Free Educational Resources
Scholastic Learn at Home: Free Resources for School Closures
Sora- The Student Reading App
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
Virtual National Park and Historic Site Tours

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
Emotional Support for Kids

Advocates for Children of New York

Calm Kids

Child Mind Institute

Daily Advice About Supporting Kids During COVID-19 Crisis

Overcoming Obstacles Parent/Child Snapshots

Sesame Street Resilience Toolkit

Sesame Street’s Grover On Coping During Coronavirus

Support Grieving Children and Teens during the COVID-19 Global Health Crisis

Teaching Kids Media Smarts During Breaking News

Twice Daily Facebook Live Video Chats Featuring Experts Clinicians

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

Tips for Parents on Coping with COVID *CU*

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

I Can Do That NYC

Laurie Berkner Band

Live Theatre and Music Performances from You Home

Macaroni Kid

Manhattan Fencing Center

New Kids’ TV Shows 2020

New Victory Arts Break

PBS Kids

Pono

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
Yoga with Adrienne

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
8 Ways to Set Boundaries Between Work and Kids
How to Work From Home Alongside Your Partner Without Losing It
Single Parents Are Struggling, but Enduring, Through the Pandemic
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