

Resources for Parents During COVID-19

Updated 5/5/20

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](#)

YouthRemoteLearning.com

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](https://ABCmouse.com)

[Educational Apps, Games, and Websites](#)

[Fun Brain](#)

[Lunch Doodles with Mo Willems](#)

[National Geographic](#)

[NYC Department of Education Learn at Home Activities for Early Childhood](#)

[PBS Kids](#)

[Scholastic Learn at Home: Pre-K](#)

[Starfall – Pre-K](#)

[Storyline Online](#)

[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](#)

[Storyline Online](#)

[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](#)

[Children's Hospital Colorado physicians answer a child's questions about COVID-19](#)

[Coping Skills for Kids](#)

[Daily Advice About Supporting Kids During COVID-19 Crisis](#)

[Overcoming Obstacles Parent/Child Snapshots](#)

[Sesame Street Resilience Toolkit](#)

[Teaching Kids Media Smarts During Breaking News](#)

[Therapeutic Play at Home](#)

[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](#)

[Broadway Babysitters](#)

[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](#)

[Weekly Support Group for Parents of Child with Special Needs](#)

[You and Your Kids Can't Stand Each Other. Now What?](#)

Educational YouTube Channels

[Crash Course Kids](#)

[Discovery Education](#)

[Free School](#)

[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](#)

[50 Ideas for At-Home Fun](#)

[500+ Kids Arts and Crafts Activities](#)

[Activities to Do with Your Toddler at Home](#)

[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](#)

[Video Games to Play With Your Kids That Won't Drive You Crazy](#)

[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](#)