Little Flower
Children and Family Services of New York

Little Flower Strong

St. John's Strong

COVID-19 Resources

New York State/Long Island

General Information
https://www.paulweiss.com/practices/transactional/coronavirus-covid-19-relief-center/practice-overview/new-york-state
https://suffolkcountyny.gov/departments/helath-services

Mental Health Services
https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html#parents
https://psychcentral.com/blog/ways-to-overcome-the-emotional-effects-of-social-distancing/
https://www.helpguide.org/articles/grief/helping-someone-who-is-grieving.htm

COVID-19 Emotional Support Hotline at 1-844-863-9314

Child Care/Caregiving
Essential Worker Child Care Scholarship
https://files.constantcontact.com/8b0846ff501/e5c1d480-3056-45e6-8c4f-373ed3df992e.pdf
Parent application: https://docs.google.com/forms/d/e/1FAIpQLSesvZbqvAM2t1P7HR-bvKXXBnrwlaGK-GGWwycdFdmoRsfluJw/viewform
Parent application (Spanish): https://docs.google.com/forms/d/e/1FAIpQLSe5aLx2l1KmT9VS0KiioqOI-hZh4k7DNNVXpyOr9_TH4axgRhQ/viewform
*To receive payment for a child with an approved scholarship, the child care program must complete the Program Information Profile, https://docs.google.com/forms/d/e/1FAIpQLScsRlp5WIRRGzewLx05LcpFdBi-UQaEX6Zr6JEa_kVfWmet8Qg/viewform

https://ocfs.ny.gov/main/childcare/referralagencies.asp
https://ocfs.ny.gov/main/childcare/looking.asp
https://www.scopeonline.us/scope-emergency-child-care/
https://ymcali.org/emergencyservices
https://caregiveraction.org/covid-19
https://www.childsupport.ny.gov/DCSE/HomePage

Domestic Violence
https://hwcli.com/wp-content/uploads/sites/2/2020/04/Suffolk-DA-DV-flyer.jpg

Employment Protections
https://ag.ny.gov/coronavirus
https://labor.ny.gov/unemploymentassistance.shtm
https://www.ny.gov/services/get-unemployment-assistance

Food Assistance
https://www.ny.gov/services/apply-snap

T: 1-800-342-3009
https://www.feedingamerica.org/find-your-local-foodbank
https://www.islandharvest.org/find-help/find-a-food-pantry/

Housing and Utilities
https://coronavirus.health.ny.gov/know-your-rights

COVID Rent Relief Program
https://hcr.ny.gov/RRP

Internet Access
https://www.internetessentials.com/apply

COVID-19 Testing
Find a Test Site Near You: https://coronavirus.health.ny.gov/find-test-site-near-you

AdvantageCare Physicians, https://www.acpny.com/find-a-provider/locations
City MD, https://www.citymd.com/urgent-care-locations
GoHealth Urgent Care, https://www.gohealthuc.com/nyc
MD365, https://md365.org/

Excel Urgent Care Curbside Testing- East Northport (631-486-7459)
Excel Urgent Care Curbside Testing- Nesconsent (631-676-6700)
CareMed- Bayshore (631-891-6200)
CareMed- Coram (631-698-1111)
CareMed- West Babylon (631-957-0066)
CareMed- Patchogue (631-475-3900)
CareMed- Miller Place (631-320-3200)
CareMed- Riverhead (631-603-3400)
Northwell Go Health - Lake Grove (631-315-6758)
Northwell Go Health - Riverhead (631-830-4175)
Northwell Go Health - Bay Shore (631-238-3064)
Jones Beach, Theodore Roosevelt Nature Center
HRHCare Elsie Owens Centers, 82 Middle Country Road, Coram, 845-553-8030
Long Island Urgent Care, Manorville, 631-716-5410
Long Island Urgent Care, West Babylon, 631-716-5463
PM Pediatrics, 1457 Northern Blvd, Manhasset, NY 11030 (Children Only)
ProHealth: Call 516-874-0411 for directions and appointments
ProHEALTH Campus, Lake Success, 3 Delaware Drive
ProHEALTH Urgent Care of Jericho, 555 N. Broadway
ProHEALTH Urgent Care of Riverhead, 1149 Old Country Road
ProHEALTH Pediatric Urgent Care of Wantagh, 1167 Wantagh Ave
Statcare Urgent & Walk-In Medical Care, Hicksville, 917-310-3371
Stony Brook University

New York City

General Information
https://www.paulweiss.com/practices/transactional/coronavirus-covid-19-relief-center/practice-overview/new-york-city

Mental Health Services
https://nycwell.cityofnewyork.us/en/
T: 1-888-692-9355
https://nycwell.cityofnewyork.us/en/app-library/
https://www.schools.nyc.gov/learn-at-home/activities-for-students/health-education
https://thrivenyc.cityofnewyork.us/mental_health_support_while_home
www.virusanxiety.com/
Health & Mental Health Services for Young Adults:
T: 212-423-3000

Child Care
Learning Bridges Program
https://www.schools.nyc.gov/enrollment/enrollment-help/learning-bridges
https://a816-healthpsi.nyc.gov/ChildCare/ChildCareList.do

Student Education
Access to free internet at Home
Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. Installation fees will be waived for new student households. To enroll call Spectrum at:
844-488-8395

Remote Learning Device Request
https://coronavirus.schools.nyc/RemoteLearningDevices

Domestic Violence
https://www1.nyc.gov/site/ocdv/get-help/resources-for-survivors-during-covid-19.page

Food Assistance
https://www.opt-osfns.org/schoolfoodny/meals/default.aspx
https://www.cityharvest.org/food-map/
https://www.foodbanknyc.org/COVID-19/
https://www1.nyc.gov/site/hra/help/snap-benefits-food-program.page
T: 718-557-1399

Housing and Utilities
https://www1.nyc.gov/site/hra/help/energy-assistance.page
https://www1.nyc.gov/site/hra/help/rental-assistance.page
https://www1.nyc.gov/content/tenantprotection/pages/covid19-home-quarantine

Public Transportation
Overnight service changes, https://new.mta.info/coronavirus
Communting overnight, https://new.mta.info/coronavirus/overnight

COVID-19 Testing
Find a Test Site Near You: https://coronavirus.health.ny.gov/find-test-site-near-you

Isolation Hotel Program

https://www1.nyc.gov/site/helpnownyc/get-help/covid-19-hotel-program.page#h_h_hotel_program

Citywide

NYC Health+Hospitals

https://www.nychealthandhospitals.org/covid-19-testing-sites/?redirect%C2%ACification

Priority testing for NYC students

https://www1.nyc.gov/site/coronavirus/get-tested/doe-employee-testing.page

AdvantageCare Physicians, https://www.acpny.com/find-a-provider/locations

CityMD, https://www.citymd.com/urgent-care-locations

One Medical, https://www.onemedical.com/locations/nyc/

StatCare Urgent & Walk-In Medical Care, https://www.statcarewalkin.com/covid-19-testing-in-new-york-coronavirus-cost-test-available-nyc-clinic/

Rapid Testing

https://www1.nyc.gov/site/doh/covid/covid-19-rapid-testing.page

https://www.yai.org/locations/healthcare

Bronx - No appointment necessary

NYC Health + Hospitals/Jacobi Hospital, 1400 Pelham Parkway South

NYC Health + Hospitals/Lincoln, 234 East 149th Street

NYC Health + Hospitals/North Central Bronx, 3224 Kossuth Avenue

NYC Health + Hospitals/Gothem Health, Belvis, 545 East 142nd Street

NYC Health + Hospitals/Gotham Health, Morrisania, 1225 Gerard Avenue

Brooklyn- No appointment necessary

Coney Island Hospital

NYC Health + Hospitals/Kings County Hospital, 451 Clarkson Avenue

NYC Health + Hospitals/Woodhull, 760 Broadway

NYC Health + Hospitals/Gotham Health, Cumberland, 100 North Portland Avenue

NYC Health + Hospitals/Gotham Health, East New York, 2094 Pitkin Avenue

NYC Health + Hospitals/Gotham Health, Ida G. Israel Community Health Center, 2925 W 19th Street

NYC Health + Hospitals/Gotham Health, Jonathan Williams Houses, 333 Roebling Street

Sear Parking Lot, 2307 Beverly Road (**Call 1-888-364-3065 for approval and appointment)**

Manhattan- No appointment necessary

NYC Health + Hospitals/Belleuve, 462 First Avenue

NYC Health + Hospitals/Harlem, 506 Lenox Avenue

NYC Health + Hospitals/Metropolitan, 1901 First Avenue

NYC Health + Hospitals/Gotham Health, Dyckman, 175 Nagle Avenue

NYC Health + Hospitals/Gotham Health, Gouverneur, 227 Madison Street

NYC Health + Hospitals/Gotham Health, Sydenham, 264 West 118th Street

Sain Nicholas Houses, 281 West 127th Street

Queens- No appointment necessary

NYC Health + Hospitals/Elmhurst, 79-01 Broadway

NYC Health + Hospitals/Queens, 82-68 164th Street

NYC Health + Hospitals/Gotham Health, Woodside, 50-53 Newtown Road

Club House, Aqueduct Racetrack Parking Lot (**Call 1-888-364-3065 for approval and appointment)**

Staten Island

777 Seaview Ave (Staten Island) (**Call 1-888-364-3065 for approval and appointment)**

NYC Health + Hospitals/Gotham Health, Vanderbilt, 165 Vanderbilt Avenue

COVID TEST RESULTS IN 15 MINUTES?

Premier HealthCare offers rapid point-of-care testing for COVID-19, the same test authorized for emergency use by the FDA. Our viral test is 97 percent reliable and you get your results in just 15 minutes.

Anyone can visit Premier HealthCare. Appointments can be scheduled one day ahead of time at locations all over New York City. You can save time by meeting with Premier physicians via telehealth and come to the clinic just for the test.

No out-of-pocket expense. Premier accepts patients with all major insurance and the uninsured.

For appointments, call 212.273.6272

MIDTOWN MANHATTAN
227 East 41st St
New York, NY 10017

TREMONT AVENUE, BRONX
3060 East Tremont Avenue
2nd floor
Bronx, NY 10461

BROOKLYN HEIGHTS
175 Remsen Street, 4th floor
Brooklyn, NY 11201

SHEEPSHEAD BAY
3364 Nostrand Avenue
Brooklyn, NY 11229

BAYSIDE, QUEENS
211-11 Northern Boulevard
2nd floor
Bayside, NY 11361

Premier HealthCare

A member of the YAI Network.

Answering Your Questions About the New COVID-19 Vaccines

Do clinical trial results show whether vaccines are effective?

Yes. Clinical trials provide data and information about how well a vaccine prevents an infectious disease and about how safe it is. The Food and Drug Administration (FDA) evaluates these data, along with information from the manufacturer, to assess the safety and effectiveness of a vaccine. FDA then decides whether to approve a vaccine or authorize it for emergency use in the United States.

After a vaccine is either approved or authorized for emergency use by FDA, more assessments are done before a vaccine is recommended for public use. The goal of these assessments is to understand more about the protection a vaccine provides under real-world conditions, outside of clinical trials.

After COVID-19 vaccines are approved or authorized for emergency use by FDA and recommended for public use, CDC will further assess their effectiveness. These real-world assessments will compare groups of people who do and don't get vaccinated and people who do and don't get COVID-19 to find out how well COVID-19 vaccines are working to protect people.

Why would the effectiveness of vaccines be different after the clinical trials?

Many factors can affect a vaccine's effectiveness in real-world situations. These factors can include things such as how a vaccine is transported and stored or even how patients are vaccinated. Vaccine effectiveness can also be affected by differences in the underlying medical conditions of people vaccinated as compared to those vaccinated in the clinical trials.

Assessments of vaccine effectiveness can also provide important information about how well a vaccine is working in groups of people who were not included or were not well represented in clinical trials.

How will experts evaluate the COVID-19 vaccines in real-world conditions?

Experts are working on many types of real-world studies to determine vaccine effectiveness, and each uses a different method:

- **Case-control studies** will include cases (people who have the virus that causes COVID-19) and controls (people who do not have the virus that causes COVID-19). People who agree to participate in a case-control study will provide information on whether they received a COVID-19 vaccine or not. Experts will look to see if the cases were less likely to have received the vaccine than controls, which would show that the vaccine is working.
- **A test-negative design study** will enroll people who are seeking medical care for symptoms that could be due to COVID-19. In this special type of case-control study, experts will compare the COVID-19 vaccination status of those who test positive (meaning they have COVID-19) to those who test negative (meaning they do not have COVID-19).

www.cdc.gov/coronavirus/vaccines

12/11/20

- **Cohort studies** will follow people who have and haven't had a COVID-19 vaccine for several months to see if getting vaccinated protects them from getting the disease. This can be done in real time (prospectively) or by looking back in time (retrospectively) using data that were already collected, such as information in participants' medical records.
- **Screening method assessments** look at vaccination status among a group of cases (for example, cases detected through ongoing COVID-19 surveillance) and compares those cases with vaccination coverage among the overall population where those cases come from (for example people from the same state). By comparing coverage between these two groups, researchers can get an early estimate of whether a vaccine is working as expected.
- **Ecologic analysis assessments** look at groups of people – such as those in different geographic locations or at different times – to find out how many were vaccinated and how many were diagnosed with COVID-19. These analyses may be hard to interpret because the number of COVID-19 illnesses has changed rapidly over time and in different places.

CDC will use several methods because they can all contribute different information about how the vaccine is working.

Will assessments determine if the vaccines protect people from severe COVID-19 illness?

Yes. Severe illness from COVID-19 is defined as needing care in a hospital or intensive care unit (ICU), needing to be on a ventilator, or dying due to COVID-19.

- Experts will assess how well COVID-19 vaccines protect people against severe illness using case-control studies among hospitalized patients.
- Experts also will use cohort studies of electronic health records to see if people hospitalized with COVID-19 received the vaccine or not.

Will assessments determine if the vaccines protect people against mild illness?

Yes. CDC will use case-control studies to assess how well COVID-19 vaccines protect people against less severe forms of COVID-19 – for example, people with COVID-19 who need to visit a doctor but don't need to be hospitalized.

Will assessments determine if the vaccines protect people who are ill with no symptoms at all?

Yes. Some people can be infected with or "carry" the virus that causes COVID-19, but they don't feel sick or have any symptoms. Experts call this asymptomatic infection. It is important to know whether COVID-19 vaccines can help lower the number of people who have asymptomatic infection. People with asymptomatic infection can unknowingly spread the virus to others.

A special type of cohort study will find out how effective the vaccine is when people are asymptomatic. People who agree to participate will be tested for COVID-19 every week whether they have symptoms or not. Experts will then compare the proportion of people with infection who were vaccinated to the proportion of people with infection who were not vaccinated.

Who will be included in the real-world vaccine assessments?

CDC is working to make sure real-world vaccine assessments include diverse groups of people including the following:

Healthcare personnel and essential workers

Experts will rapidly assess vaccine effectiveness among healthcare personnel working in hospitals, long term care/skilled nursing facilities, or nursing homes in selected sites across the United States. These assessments will show how well COVID-19 vaccines protect healthcare personnel from getting sick or having severe illness. Assessments among healthcare personnel and essential workers will also inform how well COVID-19 vaccines protect them against getting infected, regardless of whether they have symptoms or not.

Older adults and those living in nursing homes

The risk for severe illness from COVID-19 increases with age, so making sure these vaccines protect older adults is critical. People living in nursing homes and long-term care facilities are at especially high risk of getting COVID-19 and severe disease. The Food and Drug Administration (FDA) and the Centers for Medicare and Medicaid Services (CMS) will

use CMS Medicare billing data to assess COVID-19 vaccine effectiveness among older adults, including those living in nursing homes and long-term care facilities. These data will include information about whether people received a COVID-19 vaccine, whether they got sick with COVID-19, and if they needed hospital care. This information will help inform how well the vaccine works in preventing COVID-19 and severe illness among older adults.

Experts will also use data from CDC and CMS to conduct a case-control assessment. Experts will identify older adults hospitalized for COVID-19 and older adults hospitalized for other reasons. They will then compare how many cases and controls received a COVID-19 vaccine to estimate vaccine effectiveness.

People with underlying medical conditions

To better understand how well COVID-19 vaccines protect people with underlying medical conditions who may be at increased risk for severe illness. Experts are working to make sure various real-world vaccine assessments will include adults with heart conditions, obesity, and diabetes. The real-world vaccine effectiveness assessments will also collect information about other underlying medical conditions. This information will be used to better understand how well COVID-19 vaccines protect people with underlying medical conditions.

People in racial and ethnic minority groups

Long-standing systemic health and social inequities have put many people from racial and ethnic minority groups at increased risk of getting sick and dying from COVID-19. CDC is working to ensure that real-world assessments of vaccine effectiveness include diverse populations, such as people from racial and ethnic minority groups disproportionately affected by COVID-19.

CDC also is working with the Indian Health Service (IHS), tribal nations, and other partners to ensure that these real-world assessments include American Indian and Alaska Native populations who have been disproportionately affected by COVID-19. This is important to ensure that COVID-19 vaccines can help achieve health equity, so everyone has a fair opportunity to be as healthy as possible.

These vaccines were produced so quickly. How do we know they are safe?

It is the U.S. vaccine safety system's job to make sure that all vaccines are as safe as possible. Safety has been a top priority while federal partners have worked to make COVID-19 vaccines available for use in the United States.

The new COVID-19 vaccines have been evaluated in tens of thousands of individuals, who volunteered to be vaccinated and to participate in clinical trials. The information from these clinical trials allowed the U.S. Food and Drug Administration (FDA) to determine the safety and effectiveness of the vaccines. These clinical trials were conducted according to rigorous standards set forth by FDA.

FDA has determined that the newly authorized COVID-19 vaccines meet its safety and effectiveness standards. Therefore, FDA has made these vaccines available for use in the United States under what is known as an Emergency Use Authorization.

Will CDC continue to watch for problems with these new vaccines?

Yes. Even though no safety issues arose during the clinical trials, CDC and other federal partners will continue to monitor the new vaccines for serious side effects (known as adverse events) using many vaccine safety monitoring systems.

This continued monitoring can pick up on side effects that may not have been seen in clinical trials. If an unexpected side effect with the new COVID-19 vaccines is seen, experts can quickly study it further to determine if it is a true safety concern. Monitoring vaccine safety is critical to help ensure that the benefits of the COVID-19 vaccines continue to outweigh the risks for people who are vaccinated.

The current vaccine safety system is strong and robust, with the capacity to monitor COVID-19 vaccine safety effectively. Existing data systems can rapidly detect if a vaccine has any possible safety problems. These systems are being scaled up to fully meet the needs of the nation. Additional systems and data sources are also being developed to further enhance safety monitoring capabilities.

New vaccine safety monitoring systems and information sources

The following systems and information sources add another layer of safety monitoring, giving CDC and FDA the ability to evaluate COVID-19 vaccine safety in real time and make sure COVID-19 vaccines are as safe as possible:

- **CDC: V-SAFE** — A new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines. V-SAFE will use text messaging and web surveys from CDC to check in with vaccine recipients for health problems following COVID-19 vaccination. The system also will provide telephone follow up to anyone who reports medically significant (important) adverse events.
- **CDC: National Healthcare Safety Network (NHSN)** — An acute care and long-term care facility monitoring system with reporting to the Vaccine Adverse Event Reporting System or VAERS
- **FDA: Other large insurer/payer databases** — A system of administrative and claims-based data for surveillance and research

Existing Safety Monitoring Systems

The safety of vaccines is monitored all the time with multiple approaches. As people get vaccinated, CDC, FDA, and other federal partners will use the following existing, robust systems and data sources to conduct ongoing safety monitoring in the following groups:

General public

- **CDC and FDA: Vaccine Adverse Event Reporting System (VAERS)** — The national system that collects reports from healthcare professionals, vaccine manufacturers, and the public of adverse events that happen after vaccination; reports of adverse events that are unexpected, appear to happen more often than expected, or have unusual patterns are followed up with specific studies
- **CDC: Vaccine Safety Datalink (VSD)** — A network of 9 integrated healthcare organizations across the United States that conducts active surveillance and research; the system is also used to help determine whether possible side effects identified using VAERS are actually related to vaccination
- **CDC: Clinical Immunization Safety Assessment (CISA) Project** — A collaboration between CDC and 7 medical research centers to provide expert consultation on individual cases and conduct clinical research studies about vaccine safety
- **FDA and the Centers for Medicare and Medicaid Services: Medicare data** — A claims-based system for active surveillance and research
- **FDA: Biologics Effectiveness and Safety System (BEST)** — A system of electronic health record, administrative, and claims-based data for active surveillance and research
- **FDA: Sentinel Initiative** — A system of electronic health record, administrative, and claims-based data for active surveillance and research

Members of the military

- **Department of Defense (DOD): DOD VAERS data** — Adverse event reporting to VAERS for the DOD populations
- **DOD: Vaccine Adverse Event Clinical System (VAECS)** — A system for case tracking and evaluation of adverse events following immunization in DOD and DOD-affiliated populations
- **DOD: DOD Electronic Health Record and Defense Medical Surveillance System** — A system of electronic health record and administrative data for active surveillance and research

Veterans

- **Department of Veterans Affairs (VA): VA Adverse Drug Event Reporting System (VA ADERS)** — A national reporting system for adverse events following receipt of drugs and immunizations
- **VA Electronic Health Record and Active Surveillance System** — A system of electronic health record and administrative data for active surveillance and research

Tribal nations

- **Indian Health Service (IHS): IHS VAERS data** — Spontaneous adverse event reporting to VAERS for populations served by IHS and Tribal facilities

RESOURCES FOR FAMILIES DURING COVID-ID

BASIC NEEDS

National Diaper Bank Network

If you or someone you know is in need of diapers, there may be assistance available in your community.
https://nationaldiaperbanknetwork.org/get-help-now/

WIC

Updates on the NYS WIC program during COVID-19 are provided on the Department of Health website.
https://www.health.ny.gov/prevention/nutrition/wic/

1-800-CHILDREN

Helpline for families with NYS-specific resources and information.

RESOURCES FOR FAMILIES DURING COVID-ID

DAILY SCHEDULE IDEAS

Have you found a schedule that works for your family while school's out? Check out these ideas and create a schedule that works for you! Activities and times can be modified based on the needs and ages of your children.

Daily Schedule Ideas for Home

Time	Activity	Examples
6:30 – 9:00 am	Get ready for the day!	• Eat breakfast, brush your teeth, get dressed, make your bed
9:00 – 10:00 am	Math	• Count, measure, and sort items in your home • Resources online on Brainpop, Brainpop Jr., and PBS Kids
10:00 – 11:00 am	Science	• Resources online on Brainpop, Brainpop Jr., PBS Kids, and Scholastic Learn at Home
11:00 am – 12:00 pm	Free Play	• Legos, drawing, playing music, baking, dress up • Virtual field trips online on Google Arts and Culture
12:00 – 12:30 pm	Lunch	• Enjoy time together!
12:30 – 1:00 pm	Clean Up	• Wipe down tables, chairs, door handles, and light switches
1:00 – 2:00 pm	Quiet time	• Reading, writing stories, puzzles, naps
2:00 – 2:30 pm	Movement Break	• Have a dance party with your own music or search the following videos on YouTube: ◦ Let's Get Fit Count to 100, Jack Hartmann ◦ Baby Shark Dance, Baby Shark Official ◦ If You're a Kid (Dance Around!), Harry Kindergarten Music ◦ Cosmic Kids Yoga
2:30 – 3:00 pm	Snack Time	• Talk about what you're going to do next
3:00 – 4:00 pm	Outside or Free Play Inside	• Take a walk or play outside near your home if it's warm enough (with social distance)
4:00 – 6:00 pm	Dinner	• Cook dinner together • Talk about your favorite part of the day!
6:00 – 8:00 pm	Free Time until Bed	• Follow your usual after dinner schedule before bed

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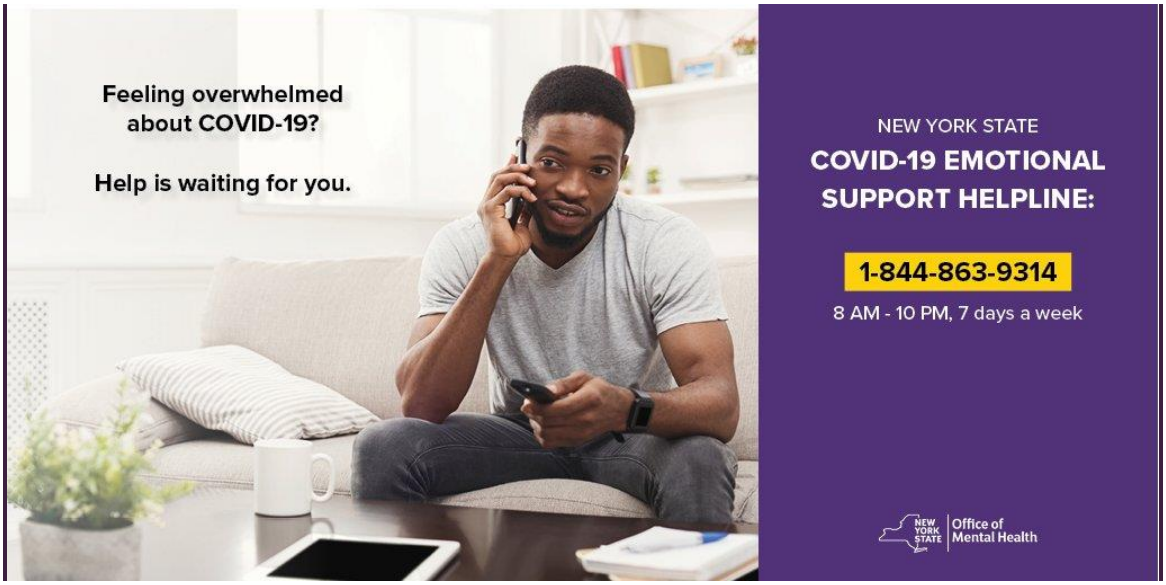
RESOURCES FOR FAMILIES DURING COVID-ID

PARENTING DURING A PANDEMIC

Caring for Each
Check out Sesame Street's Caring for Each Other page for free resources to help provide comfort, create routines, and keep families physically and mentally healthy.
https://www.sesamestreet.org/caring

COVID-19 Emotional Support Helpline
You can call the Emotional Support Helpline for help with anxiety, stress, depression, trauma, and grief.



COVID-19 Tips for Parents (video)
Dr. Stroud has provided this informational video for parents in order to support caregivers in managing the emotional responses and developmental needs of their children during this crisis.
https://www.youtube.com/watch?time_continue=21&v=MdKeau2huT4&feature=emb_logo

RESOURCES FOR FAMILIES DURING COVID-ID

NYS Parent Portal
Parenting tips, activities and information on how to talk to your children about the Coronavirus.
https://www.nysparenting.org/coronavirus-resources-parents

Parenting in a Pandemic
How do we maintain stability in the midst of unpredictability?
https://www.psychologytoday.com/us/blog/the-healthy-child/202003/parenting-in-pandemic

Plain Language Booklets on COVID-19
Plain language booklets available in English and Spanish on the Coronavirus created by Green Mountain Self-Advocates.
http://www.gmsavt.org/

Talking about the Coronavirus with kids by Manuela Molina
Supporting and reassuring children around the world with a children's book in different languages.
https://www.mindheart.co/descargables

Time to Come In, Bear: A Children's Story About Social Distancing
A short story to help parents and children begin to talk about social distancing.
https://www.youtube.com/watch?v=DA_SsZFYw0w&feature=emb_title

Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care
Keep self-care in mind during the COVID-19 Outbreak.
https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care

RESOURCES FOR FAMILIES DURING COVID-ID

AT HOME ACTIVITIES

NPR
Yes, You Can Take Your Kids for a Walk
Pediatricians say families should get outside, but avoid playgrounds because they encourage children to play closely together.
https://www.npr.org/2020/03/19/817423237/yes-you-can-take-your-kids-for-a-walk

Oishei Children's Hospital
Tips and Resources for Staying Safe, Healthy and Having Fun in the Times of COVID-19
Along with food and community resources for Western New York, this document contains autistic-specific resources about handwashing and staying home; relaxation and emotional wellness; physical fitness; staying connected with friends, family and community; educational resources and just for fun activities and other helpful information.
https://www.nysparenting.org/application/files/7815/8584/6071/TipsandResources.pdf

Public Broadcasting Service – PBS Kids
Looking for activities and tips to keep your child playing and learning at home? Sign up for the PBS Kids weekday newsletter now!
https://www.pbs.org/parents/pbskidsdaily?source=tw&fbclid=IwAR3C1ztxWdP36Qs-M8Ek7BzzvowQJI4vBxe5-XX_dHDJnFzDyHqzvYfg6so

Find Ways to Play and Learn on PBS Kids for Parents!
https://www.pbs.org/parents/

Play a Storytelling Game
Print out story cube PDFs and practice storytelling by rolling homemade dice to tell a unique story!
https://www.pbs.org/parents/crafts-and-experiments/play-a-storytelling-game

RESOURCES FOR FAMILIES DURING COVID-ID

Too Small To Fail
Talking is Teaching Family Staycation Kit
10 fun ways you can talk, read, sing, and play at home!
https://talkingisteaching.org/Staycation?fbclid=IwAR3VOgkYHWxdDAS6ebIIxlWlUWP9gO0v8404zyb1xG6rL2JBZ6Gglilqr_Y

Handwashing: A Family Activity
Help your kids develop handwashing skills and make handwashing a part of your family's daily life.
https://www.cdc.gov/handwashing/handwashing-family.html

RESOURCES FOR FAMILIES DURING COVID-ID

MOVEMENT ACTIVITIES

Dance Party
Have a dance party with your own music.

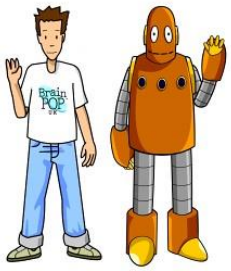
Simon Says
Movement breaks help with learning! Play Simon Says to get everyone moving.

YouTube
Search the following videos on YouTube:

- Let's Get Fit Count to 100, Jack Hartmann
- Baby Shark Dance, Baby Shark Official
- If You're a Kid (Dance Around!), Harry Kindergarten Music
- Cosmic Kids Yoga

RESOURCES FOR FAMILIES DURING COVID-ID

FREE ONLINE RESOURCES



BrainPOP
Make any room a classroom with free access to BrainPOP resources while schools are closed.
https://go.brainpop.com/COVID19?utm_source=bp-com&utm_medium=banner&utm_campaign=coronavirus&utm_content=free-access

DayByDayNY
Check out the New York State Library's DayByDayNY website. DayByDayNY is a family literacy calendar that provides families with new songs, activities, and a free e-book every day!
http://daybydayny.org/

Scholastic Learn at Home
Scholastic is offering free online courses so children can keep learning while schools are closed.
https://classroommagazines.scholastic.com/support/learnathome.html?promo_code=6294&eml=CM/smd/20200312//txtl/sm/ed&linkId=84269747

Time for Kids
Time for Kids Digital Library is free for the rest of the school year! Sign up for access to teaching tools, with worksheets and quizzes for families and teachers.
http://ow.ly/PGfG50z1mMa

RESOURCES FOR FAMILIES DURING COVID-ID

VIRTUAL FIELD TRIPS

Access Mars
Looking for something fun to do today? Take a virtual walk on mars!
https://accessmars.withgoogle.com/

Farm & Food Care Farm Tours
Check out what life is like on the farm with 11 different farm tours with Farm & Food Care!
http://ow.ly/PCLL50z1tl4

Louvre Museum
Tour the Louvre Museum to see some of the most beautiful art in the world!
https://www.louvre.fr/en/visites-en-ligne

Metropolitan Museum of Art
Do you want to see the art and architecture at The Metropolitan Museum of Art? Check out these behind-the-scenes videos.
http://ow.ly/3PBR50z1sxo

San Diego Zoo
The San Diego Zoo has live cams of penguins, baboons, koalas, giraffes, elephants and more! Check it out here.
https://zoo.sandiegozoo.org/live-cams

Smithsonian's National Zoo and Conservation Biology Institute
There are live webcams available at the Smithsonian's National Zoo and Conservation Biology Institute. Take a virtual visit to see your favorite animal!
https://nationalzoo.si.edu/webcams