

Mental Wellness Tips for Parents and Caregivers

- Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 - [English](#) | [Español](#)
- [Talking to Teens and Tweens about Coronavirus](#) - New York Times
- PBS Kids: [How to Talk to Your Kids about Coronavirus](#) (videos, games, and activities teaching kids how illness spreads and how to stay healthy)
- [COVID-19 Information By and For People with Disabilities](#)
- Helping Children with Autism Cope During the Coronavirus Quarantine: [Advice from Temple Grandin](#)
-

Daily Schedule for ADHD Families: Homeschooling During a Pandemic

A petrifying pandemic is changing our lives by the moment, but one constant is true: You're unsure how to manage several weeks of closed schools and social isolation with your children, who happen to have ADHD. The big questions are: What can you do to set up a family plan that fosters more ...

www.additudemag.com daily schedule advice for youth with ADHD

[10 Indoor Activities for Toddlers](#)

Wellness Apps and Sites

- [Calm](#) - free calming music, meditations, and wellness resources
- **JP Centre Yoga** - Daily free/pay-what-you-can yoga livestream via Zoom. [Learn more and sign up here.](#)
- [Down Dog Yoga](#)- free Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout until June 1 (and until July 1 for all K-12 and college students and teachers)
- [Free 6-Hour Stream of Calming Music](#) via Spotify or Apple Music
- [Go Noodle](#): Movement and mindfulness videos created by child development experts
- [MeditOcean](#): 11-minute guided meditation featuring video of jellyfish at the Monterey Bay Aquarium
- Try [Yoga with Adriene](#) or [this list of kids yoga videos](#)
- Support children's emotional and social wellbeing through *supervised* Skype, Zoom, or FaceTime play dates
- Look for kids-focused dance or fitness videos on YouTube
- [Online physical activity sites, videos, and applications](#)

Talk To Someone

- [Parental Stress Line \(1-800-632-8188\)](tel:1-800-632-8188)- 24/7 free, confidential support for parents and caregivers, available in all languages. Trained counselors offer judgment-free, compassionate support.
- [Crisis Text Line](tel:741741) - Feeling overwhelmed? Text HOME to 741741 to speak with a trained crisis counselor.
- [SAMHSA Disaster Distress Helpline](tel:1-800-985-5990)- 24/7 free, confidential support to those experiencing emotional distress due to the outbreak. Call [1-800-985-5990](tel:1-800-985-5990) (TTY [1-800-846-8517](tel:1-800-846-8517)) or text **TalkWithUs or Hablanos to 66746** to connect with a trained crisis counselor.
- [Samaritans Suicide Helpline](tel:877-870-HOPE): 24/7 free, confidential suicide prevention and support hotline. If you need to talk to someone about how you're feeling, grieve the loss of a loved one to suicide, or learn how to help others in crisis, call or text [877-870-HOPE\(4673\)](tel:877-870-HOPE).
- Pause a While Inc. ([425-436-6360](tel:425-436-6360), Access code 422932#)- Daily 2pm EST virtual AA meetings during the outbreak
- [SafeLink \(877-785-2020/ TTY 877-521-2601\)](tel:877-785-2020): 24/7 free, confidential support for anyone affected by domestic and dating violence, available in all languages. Call now to speak with a trained advocate.
- Enclosed is a short video that describes a household finances worksheet that has proven useful in conducting Financial Therapy with clients for many years. The worksheet is simple. When completed, it gives a quick snapshot of household income and expenses. I offer this video and worksheet as a contribution to mental, emotional, and economic recovery throughout our community during the COVID-19 challenges. <https://youtu.be/Z0Cqe7sXeLI>

Other great resources

These are resources for the parents of students attending Head Start to utilize during the school closure:

1. SC Educational TV (SCETV)
There are many good learning programs available. Among these are:
 - Sesame Street (every AM Monday-Friday at 11:00)
 - Daniel Tiger (every AM M-F at 10:00 or 10:30)
 - Wild Kratts (8:00 AM M-F)
2. www.PBS.org (There is a button that provides translation into Spanish on this website).
 - Wild Kratts
 - Cat & the Hat
 - Mr. Rogers
3. www.Starfall.org
The children have this website available in their classrooms at Head Start and enjoy the learning activities - stories, games, puzzles, etc.

4. www.scdiscus.org
This is the digital information branch of our SC State Library. It is available to all state residents. Contact DiscusOffice@statelibrary.sc.gov to register. They will give you a password to use. This is an important resource right now for two reasons:
Magic School Bus programs (formerly available at PBS) are available here.
They also make available tumblebooklibrary.com which are very good children's audio books. These books are read to the children while illustrations are shown or animated.
5. www.Kidsnationalgeographic.org
There is a lot to explore here but be sure to check out:
 - Wacky Weekend photos
 - Yoga Animals and Barnyard Babies with Dr. Pol (Veterinarian)
6. www.Nationalzoo.si.edu
There are even live animal cameras of the panda, elephants and lions!
7. www.HighlightsKids.com is found on youtube.com
There are many interesting clips here:
 - Facts about dinosaurs – animated
 - Rainy Day Games for Kids Under 2
 - Smart Baby
 - Tour a fire truck with a fireman or tour a passenger train!
 - See how cheese and bread are made.
 - Did You Know? Fascinating science videos for children.
 - 10 Smart Ways to Make Handwriting Fun!
8. www.wideopenschool.com
This is a jewel! You can choose PreK for 3's and 4's or Kindergarten for the 5's if it is appropriate. It has the whole day planned out for you and you just follow the plan. It includes stories, science, physical activity, some virtual field trips, etc. This has been established by Common Sense, a nonprofit organization concerned about appropriate content for children. Be sure you see the explore.org section. The children will not be the only ones fascinated! (There are live camera shots from under the sea, in space, of the 3 bears - polar, panda and brown bears, etc.). This was a fun find!
9. Any parent with a Greenville County Library card has on-line access to many audio children's books. You use your card # to access these.
10. Read Aloud Mondays with Michelle Obama is available at youtube.com.
 - Gruffalo and
 - There is a Dragon in Your Book