

COVID-19 Resource List #3

March 31, 2020

The following resources have been compiled from many sources and are intended to support Early Start FRCs in their ongoing support to their families during this unprecedented COVID-19 event. Some entries may be duplicated in more than one topic area. We have made every effort to compile appropriate resources and have visited all these websites to verify at a macro level. As always, encourage you to use your own judgement when accessing and sharing resources.

Previous Resource Lists may be found on the frcnca.org homepage.

Your FRCNCA staff is ready to help you as we can so please feel free to reach out and let us know what you might need and how we can support you. Questions and other resource ideas may be directed to espprogram@frcnca.org or 916-993-7781.

You may reach your fellow ESFRC Directors via the directors@frcnca.org listserv

Where to go for accurate information on COVID-19

CA Coronavirus Response: Governor Gavin Newsom announced the launch of a new Novel Coronavirus (COVID-19) public awareness campaign to provide useful information to Californians and inform them of actions they can take to further prevent the spread of the virus.

Where to go for things to do with kids:

- [12 Virtual Disneyland Rides That You Can Enjoy At Home Without A FASTPASS](#)
- [Ranger Rick](#) offers a free digital subscription, Educator's Guides, Parent Guides, Activities, Crafts, Videos, Homework Help and more.
- [Learn Sign Language online](#)
- Crayola At-Home Activities for Kids - DIY videos, at-home learning opportunities, craft kits and supplies, free coloring pages and more [from Crayola](#).

Where to go for financial resources

- [California Employment Development Department Unemployment Benefits COVID-19 FAQs](#)
- CDE's [CA Meals for Kids Mobile App](#) helps locate nearby CA Afterschool and Summer Meal Programs Sites.
- Prescription Free Deliveries & Discounts - [Walgreens](#) and [CVS](#) are waiving charges on delivery or prescriptions.

Where to go for resources for your families:

- [COVID-19 Screening Tool](#)
- 211 can provide information on services and resources [online](#) or via phone

- *COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families* - People over 60 and those with compromised immune systems are among the highest-risk populations COVID-19 is attacking. Generations United has put together [a guide for families](#) who may be sharing a household with these beloved at-risk individuals.
- English and Spanish Resources for Families - Abriendo Puertas/Opening Doors is maintaining [an active list of online educational resources](#) for parents and caregivers offered in both English and Spanish.
- [How Can I Calm My Child Who Won't Stop Talking About the Coronavirus?](#)
- [When Kids Won't Talk About Coronavirus: What to Do](#)

Where to go for resources for your ESFRC:

- [How to Plan a Virtual Conference Guide](#) available from Member Clicks
- TechSoup has created *Pivoting to Remote Work* - [a free track of courses](#) to provide tools and information to aid in the transition to remote work.
- How to Work From Home, if You've Never Done It Before - If you find yourself working closer to your bedroom because of coronavirus, the New York Times has [some tips that can help](#)

Where to go for social emotional support:

- [Supporting Kids During the Coronavirus Crisis – Tips for Nurturing and Protecting Kids at Home](#) from the Child Mind Institute
- [Caring For Each Other](#) from Sesame Street has a wide range of resources including hand washing songs
- [The Mindful Life Project](#) offers Mindful Sits
- [Keep Calm and Structure On: How to manage emotions and build structure at home during COVID-19](#) from Make Social and Emotional Learning Stick includes a three video series with PDFs.

On the lighter side – mostly from Twitter (we know this is a serious situation and wanted to share some things that might brighten your day):

- We get it, Europe, you all have balconies!
- We are entering an era of unprecedented recipe substitutions
- I've yet to decide where to spend spring break. I'm torn between my living room and my bedroom.
- And just like that, No one ever asked a stay at home mom what she does all day ever again.
- Does anyone know how long toilet paper will last if you freeze it?