



-ABCmouse.com Free 30 Day Trial

-50 Ways to Engage Your Child During These Times

https://www.parents.com/fun/activities/50-ways-to-play/?daf&utm_medium=browser&utm_source=parents.com&utm_content=20200316&utm_campaign=494772 (the link gives moms activities by grade level)

-Adapted Mind (link within the article) gives moms math and reading activities for low cost.

-Parent Guide to Survive Middle School

<https://www.bark.us/blog/middle-school-survival-guide/>

Tips To Thrive During These Times

Be honest with your children about what is going on, as much as they can understand

Request work from your child's teacher(s), if the school did not assign work. You may need to email them some schools closed quickly and without warning

Take time for self (take a bath, have some "me" time) so you can recharge

Have an agenda/schedule each day (if needed), so everyone can be productive (time for schoolwork, play, outside time)

Manage your time as a parent so you can feel productive (especially if we are not used to being home all day)

Find ways to have fun (go for a family walk, family activities, talk/engage, play games)



Other Articles/Links

https://www.parents.com/health/creating-a-pandemic-contingency-plan-when-the-worst-happens-and-you-cant-care-for-your-kids/?utm_medium=browser&utm_source=parents.com&utm_content=20200503&utm_campaign=522181

https://www.parents.com/news/ways-the-pandemic-is-pushing-america-to-do-better-for-parents/?utm_medium=browser&utm_source=parents.com&utm_content=20200329&utm_campaign=500625

https://www.parents.com/health/mental/ways-to-cope-with-anxiety-as-a-family-during-the-covid-19-pandemic/?utm_medium=browser&utm_source=parents.com&utm_content=20200331&utm_campaign=501818