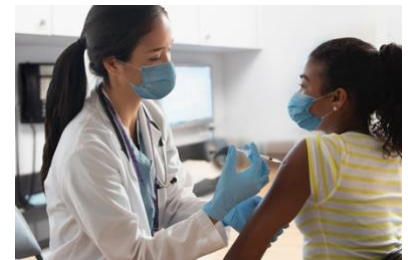


Resource Guide for Children and Families during COVID-19

New York Based Information for Vaccinations, Testing, and Resources

- BronxWorks: Information about COVID-19 vaccine information, vaccine finder, COVID-19 fact sheet, testing, tracking, and food resources, senior centers, and community centers. Additionally, they offer a phone line for help getting vaccinated in **English, Spanish, Bengali, and French**.
 - <https://bronxworks.org/about/covid-19-updates/>
- Bronx COVID-19 Testing and Vaccine Information and Additional Resources (i.e., mask mandates, housing assistance, COVID-19 memorial, education & youth, internet, mental health, individuals & organizations, food assistance, businesses, seniors, transportation, & pets).
 - <https://bronxboropres.nyc.gov/health-human-services/coronavirus/>
- NYC: Provides testing centers according to zip codes and information as to whether these centers are free, what kind of tests are available, if appointments are necessary, and how to schedule an in-home appointment for immunocompromised New Yorkers and those ages 65 and older.
 - <https://www1.nyc.gov/site/coronavirus/get-tested/covid-19-testing.page>
- NYC: Information on the Isolation Hotel Program for those with COVID-19 qualify to self-isolate in a hotel, free of charge, for up to 14 days if you do not have a safe place to self-isolate. This program, including food, linens, and local phone service, is free for eligible New Yorkers.
 - <https://www1.nyc.gov/site/helpnownyc/get-help/covid-19-hotel-program.page>
- Resources aimed at connecting New Yorkers and their loved ones to day-to-day resources they may need, including: greater access to food and internet; housing and rental assistance; and medical, mental health and drug treatment services.
 - <https://www1.nyc.gov/site/acs/about/covidhelp.page>



Information about Children and Vaccinations

- Children's Hospital of Philadelphia: Fun resources for children about the importance of vaccines including educational video games, activity books, and stories.
 - <https://www.chop.edu/centers-programs/vaccine-education-center/resources/vaccine-resources-kids-and-teens>



- We Can Do This: Information for parents and caregivers on how to care for children before, during, and after a vaccine shot.
 - https://wecandothishhs.gov/sites/default/files/2021-11/FivePlus_Infographic_How_COVID-19_Vaccines_Work_English_11-17-21_508c.pdf
- We Can Do This: Frequently asked questions from parents about children and the COVID-19 vaccine.
 - <https://wecandothishhs.gov/resource/frequently-asked-questions-from-parents-guardians-about-covid-19-and-the-vaccines>

Back to School Resources

- Helpful general information for parents to know as their children transition back to school
 - <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Return-to-School-During-COVID-19.aspx>
- Tips on helping students establish daily routines on in-school learning days *and* on remote learning days in order to create a sense of stability during an extremely unpredictable time
 - https://www.beyondbooksmart.com/executive-functioning-strategies-blog/how-establishing-routines-helps-students-cope-with-a-pandemic?utm_medium=email&_hsmi=92750142&_hsenc=p2ANqtz-FXbog5pCTeqq8CDM56sZfLQCkgEBL4ifX4kljTz4svM21f7b5HVTVZEWPfzbF-ZRXPXrk2jr8Zo4h0EN6a5aLG4TkWA&utm_content=92750142&utm_source=hs_automation



- Checklist: Planning for In-Person Classes
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html>
 - Comprehensive list of what to look for to determine how safe your school's reopening plan is
- Guidance for social distancing on school buses
 - <https://www.edweek.org/ew/section/multimedia/school-buses-and-social-distancing-downloadable-guide.html>
- Parenting tips and resources on how to support children, both emotionally and physically, as they return back to school
 - <http://www.parentslead.org/sites/default/files/BacktoSchool.pdf>
 - <https://parentsandcarersatwork.com/children-returning-to-school-during-covid-19-resources-for-parents/>





- <https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>
- <https://www.aota.org/~media/Corporate/Files/Practice/back-to-school/Tips-for-Families.pdf>
- Checklist from the CDC designed to help parents, caregivers, and guardians make decisions about sending their child back to school
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/decision-tool.html>
- COVID-19 resources for back to school
 - <https://river.fund/>
 - <https://nyckidsrise.org/>
 - <https://www.uft.org/get-involved/parents/coronavirus-resources-nyc-families>
 - <https://freshair.org/>



Montefiore Childcare

- Bright Horizons Back-Up Family Care Program provides back-up care support services for children, adults, and elders and allows access to Enhanced Family Support Services.
 - **Einstein staff only are eligible**
 - <https://www.einsteinmed.org/intranet/departments/hr/einstein-bright-horizons/>
- Carebridge offers multiple resources for childcare. Childcare Specialists can help you find options in your area and will help you identify solutions to best meet your family's needs & financial budget
 - <https://www.mymontebenefits.com/carebridge-school-and-child-care-resources>
 - Phone number: **800-437-0911**
- 1199 Membership Assistance Program provides childcare options for children of eligible staff
 - <https://www.1199seiubenefits.org/childcare/>
 - Contact the Child Care Fund at **212-564-2220** or email ChildCare@1199Funds.org
- The MMCC Community Center includes Day Care for ages 1 to 4 years old, M-F from 8AM-6PM. MMCC also offers Pre-K (free for NYC Residents) for 4-year-olds
 - <https://www.mmcc.org/child-development-center/>

- The MMCC Community Center also offers a fun and enriching combination of classes and clubs including sports, arts, technology, activity groups, homework help, and more

- <https://www.mmcc.org/afterschool-programs/>



- NYC Department of Education offers various COVID-19 updates and resources

- <https://infohub.nyced.org/>

- The New York State Office of Children and Family Services provides a range of resources to help parents with their childcare needs, people who want to start or are currently running childcare programs, and anyone with a concern about the health or safety of a child in a day care program



- <https://ocfs.ny.gov/programs/childcare/>

- The Amazing Kids Learning Center offers 3k and 4k programs for children who were born in 2018 and 2019. Programs run from 8am-3pm with the possibility to apply for extended care from 3-5pm.



- <https://amazingkidsny.com/>

- Phone number: **718-654-5437**

- In order to get a discount, contact the center directly

- Brilliant Futures Day Care is offering full day programs for children ranging from ages 0 to 3-years-old in three various locations

- <http://www.brilliantfuturesdaycare.com/>

- Phone number: **718-344-0151**

- Discount: 60% off registration fee

Parenting during COVID-19



- Parenting tips during COVID-19 in English, Spanish, French, Arabic, and Chinese.

- <https://www.unicef.org/coronavirus/covid-19-parenting-tips>

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting> (Easy, brief tip sheets from WHO)

- https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx
- <https://www.healthysteps.org/article/caring-for-yourself-and-young-children-during-the-coronavirus-covid-19-crisis-147>
- <https://www.pandemic-parent.org/>



- Talking to your children and teens about COVID-19

- <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

- Available in English, Spanish, Amharic, Chinese, Korean, French, Vietnamese, Bahas, Urdu, and Hmong

- <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

- Available in English and Spanish

- <https://www.amazon.com/Billie-Brilliant-Bubble-Distancing-Children/dp/1735280801> (Book that simplifies the concept of social distancing to help families teach their children its' importance)

Visual Resources for Children about COVID-19

- An e-book for children about COVID:

- https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INSwith-cover.pdf

- A comic for kids about COVID-19:



- <https://www.npr.org/sections/goatsandsoda/2020/11/16/934679210/just-for-kids-how-to-stay-safe-from-the-coronavirus>

- Available in English and Spanish

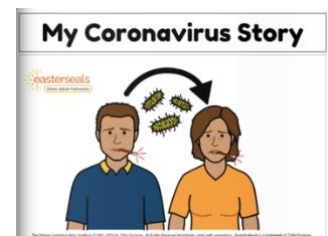
- A video for young kids about social distancing:

- https://www.youtube.com/watch?v=DA_SsZFYw0w&feature=youtu.be

- Story books for kids about COVID-19:

- <https://www.flipsnack.com/keshetchicago/coronavirus-social-story/full-view.html>

- <https://interagencystandingcommittee.org/system/files/202004/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>



- Available in 25+ languages
- <https://piploproductions.com/trinka-and-sam-virus/>
- Available in English, Spanish, Arabic, Portuguese, Chinese, and Finnish



Mental Health Resources for Children

- Mindfulness exercises with Cookie Monster

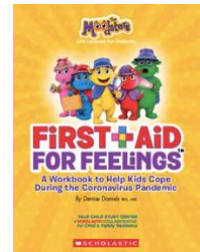


https://www.timeout.com/new-york-kids/news/practice-mindfulness-with-cookie-monster-thanks-to-monster-meditation-041520?cid=email--NEWSLETTER--US_NYCKIDS_EN_EDITORIAL_20200428--193651--4/28/2020&subsid=27184--64--5190409

- Coping Resources during COVID-19 - A Workbook to Help Kids Cope During the Coronavirus Pandemic (*collaboration between Yale Child Study Center and Scholastic*)

<http://teacher.scholastic.com/education/coronavirusworkbook/index.html>

- Available in English, Spanish, and French



- Sesame Street's Grover on Coping during Coronavirus: Just for Kids (a 12-minute podcast)



https://www.npr.org/2020/05/08/852941811/sesame-streets-grover-on-coping-during-coronavirus-just-for-kids?utm_source=npr_newsletter&utm_medium=email&utm_content=20200515&utm_term=4578807&utm_campaign=life-kit&utm_id=46691588&orgid=

- COVID-19: We've Got This Covered! A resource for educators and parents/caregivers to support children and young people with anxiety and depression during COVID-19

○ www.mq.edu.au/covid-19-weve-got-this-covered

- Resources for parents of anxious children

○ <http://www.worrywisekids.org/>



School/Academic Supports

- Articles with tips, sample school-day schedules, and links to specific learning resources

○ <https://www.nytimes.com/2020/03/20/parenting/home-school-coronavirus.html>

- Tips for caregivers about at-home learning

○ <https://now.tufts.edu/articles/home-learning-kids-and-parents-amid-covid-19>

- Extensive list of free online learning resources
 - <https://www.weareteachers.com/free-online-learning-resources/#secondary>
 - Available in multiple languages
- Student-Based Studies Buddies, consisting of free 1-1 homework help and mentorship to keep curiosity alive during distance learning
 - <https://www.beyond-thebook.com/>



Resources to Enhance Connection

- 10 ways to stay connected during the ongoing COVID-19 pandemic
 - <https://www.icaa.cc/blog/2020-04/10-ways-to-stay-connected-during-COVID-19.htm>
- Maintaining human connection in time of physical distancing
 - <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/maintaining-human-connection-in-time-of-physical-distancing>
- 6 ways to stay social that don't use video cams
 - <https://www.healthline.com/health-news/feeling-zoom-fatigue-6-ways-to-stay-social-that-dont-use-video-cams#1.-Start-a-virtual-book-club>

Additional Resources for Children and Families

- What to do if you or your child gets sick with COVID-19 at home: *Tips on how to care for a sick person and protect others from being infected.*
 - <https://www.unicef.org/coronavirus/caring-for-sick-person-covid-home>
- The NCTSN STRYDD Center and Long Island Jewish Medical Center, Northwell Health has created resources specific to help parents support their child with special needs during this COVID-19 pandemic (e.g., coping tools, access to health/Internet/education, behavioral supports, activities for learning and fun)
 - <https://myemail.constantcontact.com/COVID-19-Resources-for-Parents-of-Children-with-Intellectual-or-Other-Developmental-Disabilities.html?soid=1114625386453&aid=7uHDuQO0UDE>
- NYU Langone offers webinars and other resources for supporting youth and families with a range of challenges during COVID-19
 - <https://nyulangone.org/locations/child-study-center/child-study-center-webinars>
 - <https://nyulangone.org/news/covid-19-mental-health-resources-families/covid-19-mental-health-resources-families-2020>
- Montefiore Launces Hotline and COVID Safe Care Website: As local communicates now enter a new normal, Montefiore Health System is encouraging people to prioritize health and resume regular check-ups

- www.norwoodnews.org/montefiore-launches-hotline-and-covid-safe-care-website-encourages-check-ups/
- There's always a person or organization that can help you... no matter what it is that you need. NY Project Hope provides links to resources that can assist you as you work to make the connections you need to manage the changes in your life.
- https://nyprojecthope.org/?utm_medium=G1Search&utm_source=Google&utm_campaign=OMHProjectHOPERSPGrant