COVID-19 Parenting Resources

At MassBay, we have many students, faculty and staff who are parents. We recognize the extreme challenges that this pandemic has caused; having your children home with you, while you resume your studies and your work from home. To that end, we have compiled a list of resources and articles that we hope you will find helpful during this time. We believe that taking care of yourself and your loved ones is a top priority while we work through this uncertainty. If you have any resources you would like to add to the list, please don’t hesitate to email them to Ann Whelan (awhelan@massbay.edu).

Sincerely,

The Parent Resource Committee

Ann Whelan (Chairperson) Student Development
Liz Cooper, Public Relations
MaryBeth Fletcher, Student Development
Kelly Graska, Student Development
Christopher Louis, Human Resources
Sue Maggioni, Dean of Business & Professional Studies
Jessica Post, Student Development
Preventative Measures

CDC Recommendations to Protect Yourself and Your Family

Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak: SAMHSA

Frequently asked questions about COVID-19

Parenting Young Children

Parenting in a Pandemic: A guide to staying calm

Boston University Children's Center: Parenting in a Pandemic

Nosy Crow-A Children's Book


Managing Reactions to the Coronavirus: Riverside Trauma Center

How to Talk to Children about the Coronavirus: Harvard Medical School

Autism Speaks: Resources for children on the spectrum

Parenting Children: Resources from William James College

Parenting Tweens and Adolescents

Parent Trapped: A podcast for parenting during a pandemic

Managing Reactions to the Coronavirus: Riverside Trauma Center

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019: The National Child Traumatic Stress Network

Parenting Young Adults (Teenagers, High Schoolers, College)

Supporting teenagers and young adults during Coronavirus

Strategies for Parenting in Close Quarters

Teaching your Kids Media Smarts

Homeschooling/Educational Resources/Working from Home

Advice for Teachers & Parents during Covid19

11 Quick Tips for Working from Home with Kids

Pandemic Parenting

Daily Schedule for Parents Teaching from Home (Wide Open School)

Free SEL Activities and Practices (via Greater Good in Education)

Homeschool Plan: Novak Education

Khan Academy Daily Schedules

Blocky Games Computer Programming

Woodland Trust: Nature Activities for Kids

Big History Project

World Geography Games

Easy Crafts for Kids

Children Around the World

Famous Museum Virtual Tours

Outschool Ages 3-18
Managing Stress

Pandemic Toolkit for Parents

WBUR: This Week Almost Broke Me

Parenting in a Pandemic; You will fail

Meditation Apps for Kids

Managing Reactions to the Coronavirus: Riverside Trauma Center

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019: The National Child Traumatic Stress Network

Supporting Your Children's Social Emotional and Mental Health During the COVID-19 Pandemic

CASEL SEL Resources during COVID 19

YouTube, Alicia Keys: Setting Boundaries

Managing Anger Stress & Frustration

Humor (because we all need that right now!)

Parenting Memes

Funny Parenting Memes

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