



## **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](mailto: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](#)

[Talking to Children About COVID-19- A Parent Resource: NASP](#)

[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](#)

[Talking to Children About COVID-19- A Parent Resource: NASP](#)

## **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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