



Coronavirus Update

March 27, 2020

Caregivers, children and expecting parent resources

With parents working from home and dealing with school closures, you may be looking for resources to meet your family needs. We have compiled a variety of family resources and activities, including options for expectant parents.

Caregiver resources

Local options

Depending on where you are located and what current local/state mandates are in place, the following options may be available:

- YMCA: Many YMCA locations are opening their facilities for child care services for essential workers.
- School-sponsored child care: Some states have requested that school-sponsored care programs remain open for essential employees, healthcare and first responders.
- United Way: <http://211.org> has a plethora of resources including caregiving resources in some markets. Employees can search local resources by entering their zip code on the website.
- Elder care locator: [This public service](#) is provided by the U.S. Administration on Aging and identifies potential providers of care and support services for the caregivers themselves.
- Fee-for-service caregiver and/or child care service: [Care.com](#), [Urbansitter](#).

Children and teen resources

Educational activities

- Creative [science lessons](#) (K – 5th).
- Day-by-day [projects](#) (Pre-K – 9th).
- [Picture book](#) activities (K – 12th).
- Celebrities read [books](#) with corresponding activity guides (K – 6th).
- Over 7,000 [educational videos](#) in 13 subject areas (6th – college).

Fun, family friendly activities

- Make a [homemade stress ball](#).
- Step-by-step [art lessons](#) for children and adults.
- Take a [virtual museum tour](#) and explore museum exhibits from around the world.
- Take a [virtual field trip](#) of places around the globe.
- Take a virtual tour of the [National cherry blossoms](#).
- Thousands of [activities](#) including arts and crafts, science experiments, outdoor activities, coloring and more.
- [Movement and mindfulness videos](#) created by child development experts.

Social-emotional skill building

- Social-emotional skill building [resources and programs](#).
- [30-day calendar](#) with an emotional health activity for each day.
- Free mindfulness apps to help [kids with anxiety](#).
- Mindfulness techniques and guided meditation for [teens](#).

Additional resources and guidance

- [TED Talks](#) provide educational discussions organized by topic of interest.
- Learn from experts on [how to speak to your children](#) about the coronavirus.
- [Parental guidance](#) through live Q&A series, recorded webinars and various articles tips.
- Connect live with [caregiving experts](#) to help you navigate complex caregiving challenges.
- [Specific guidelines](#) on how to speak with your children about COVID-19.
- [Facebook Live](#) chats with expert clinicians.
- Daily tips for parents during the crisis, [via email](#).
- If you have an employee assistance program (EAP's) benefit, visit its website to learn about available family resources and support.

Expecting parent resources

- [Carrot](#) offers a coronavirus and fertility resource center that recognizes infertility and adoption are being complicated by the outbreak.
- [Cleo](#) has coronavirus resources and provides support to families through live Q&A sessions with Cleo experts, webinars, blog posts and daily video tips.
- [Maven](#) offers ask anything webinars, a weekly series of 30-minute Q&As with experts sharing the latest clinical guidance and what it means for you and your family.

Availability of these services may change due to capacity related to the high demand during this time.