

# Online Navigation Resources for Staff & Families



**Latest Update: APRIL 1, 2020**

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## Table of Contents

- Multi-Lingual Resources
- Talking with Children about COVID-19
- Online Storytelling & Activities for Children
- Mental & Emotional Wellness
- Physical Wellness
- Museum, Art, & Culture
- PD & Educational Enrichment

### CONNECT FOR MORE RESOURCES

#### FAMILY CENTERS NEWSLETTER

Subscribe @<https://bit.ly/2ELVvV1>

#### FAMILY SUPPORT FACEBOOK

@[allegHENYcountyfamilysupport](https://www.facebook.com/allegHENYcountyfamilysupport)

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## Multi-Lingual Resources

### Helping Children Cope with Changes

<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>

### Language Resources for Coronavirus (COVID-19)

- <https://docs.google.com/spreadsheets/d/1XePaKv7Ar59PG7z37Qqzlb8WfynEx5BK5ZfK3VLXIJA/edit#gid=1631784996>
- <https://docs.google.com/spreadsheets/d/18p9OSILpSYanloUC-gEbhVbRMYVUfw4wyrixa9ekGdc/edit?fbclid=IwAR3A4p6no41UmrSoLgLuF3VzHzY-3aQ7g91MaJMI9ecMRqVapIAFZwoXYFM#gid=0>

### Department of Health and CDC: Fact Sheets & How To Guides

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Translated.aspx>

### Allegheny County Health Department: Language services available by phone

Hotline: 888-856-2774 is open 24/7

Translated Hotline information: [Arabic](#), [Chinese](#), [Nepalese](#), [Russian](#), [Spanish](#) and [Swahili](#)

## Talking with Children about COVID-19

### Sesame Street

[https://cdn.sesamestreet.org/sites/default/files/media\\_folders/Images/Infographics-COVID1931.pdf](https://cdn.sesamestreet.org/sites/default/files/media_folders/Images/Infographics-COVID1931.pdf)

### PBS Kids (English & Spanish)

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



## **Fred Rogers Center**

<https://www.fredrogerscenter.org/wp-content/uploads/2020/03/FRC-COVID19-Response.pdf>

## **Child Mind Institute**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

## **Child Trends & Child Trauma Training Center**

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

## **Zero to Three: Tips for Families & COVID-19**

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

## **The National Child Traumatic Stress Network (NCTSN)**

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

## **United Nations Children’s Fund (UNICEF)**

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

## **National Association of School Psychologists (NASP) – Multi-lingual**

<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>

## **World Health Organization (WHO)**

<https://mcusercontent.com/294cee768cee0f30ab5eeff9f/images/8de70100-a6a9-43e0-95a9-d1df76c4e41b.jpg>

## **Centers for Disease Control and Prevention (CDC)**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

# **Online Storytelling & Activities for Children**

## **Family Centers & Partners**

- [Clairton Family Center](#) – Sharing Storytimes from [Clairton Elementary](#)
- [East Allegheny Family Center](#) – [Facebook Videos](#)
- [Highlands Family Center](#) – [Facebook Videos](#)
- [Homewood-Brushton \(Trying Together\)](#) – [Facebook Videos](#)
- [Latino Family Center](#) – [Facebook Videos](#)
- [Steel Valley Family Center](#) – [Facebook Videos](#)
- [Wilkinsburg Family Center](#) – Sharing Storytimes in Facebook Feed

## HealthyCHILD (University of Pittsburgh Office of Child Development)

- Nobody Hugs A Cactus – [Video](#) | [Handout](#)
- F is for Feelings – [Video](#) | [Handout](#)
- The Color Monster: A Story About Emotions – [Video](#) | [Handout](#)
- In My Heart: A Book of Feelings – [Video](#) | [Handout](#)
- Ruby Finds A Worry – [Video](#) | [Handout](#)
- Molly the Muffin Fairy – [Video](#) | [Handout](#)
- Mouse Was Made – [Video](#) | [Handout](#)

*\*For more visit <https://www.facebook.com/healthychild.pitt/>*

## We are Teachers

- [https://www.weareteachers.com/storytime/?utm\\_source=WAT\\_MDR&utm\\_medium=CVEnews&utm\\_campaign=WAT\\_Enews03182020](https://www.weareteachers.com/storytime/?utm_source=WAT_MDR&utm_medium=CVEnews&utm_campaign=WAT_Enews03182020)
- <https://www.weareteachers.com/free-online-learning-resources/>

## C.C. Mellor Memorial Library

<https://www.facebook.com/CCMellorLibrary/videos/561533798050245/>

## Storyline Online

<https://www.youtube.com/channel/UCnBdzaRy-Ky9Vh54XJIFz1Q>

## The Spanish Experiment

<https://www.thespanishexperiment.com/stories>

## Carnegie Library

<https://www.carnegielibrary.org/>

## Sesame Street

<https://www.sesamestreet.org/caring>

## Zero to Three

<https://www.zerotothree.org/resources/series/play-with-me>

## National Wildlife Ranger Rick

<https://rangerrick.org/stuck-indoors/>

## PBS Kids

<https://wqed.pbslearningmedia.org/shared/12718/4846901/#.XoNIelhKiUI>

## Scholastic

<https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html>

## Enrichment Activities

[https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&fbclid=IwAR2iEWEgWVT3Nizc1vYUBATc4godqZ1a-g-lqYPJIRuNjDK0hdLLR4dSIC1s&urp=gmail\\_link&sle=true](https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&fbclid=IwAR2iEWEgWVT3Nizc1vYUBATc4godqZ1a-g-lqYPJIRuNjDK0hdLLR4dSIC1s&urp=gmail_link&sle=true)



# Mental & Emotional Wellness

## Mental Health America

<https://mhanational.org/covid19>

## Center for Loss & Life Transition

<https://www.centerforloss.com/2020/03/pandemic-of-grief/>

## Early Childhood Learning & Knowledge Center (ECLKC Head Start)

- <https://eclkc.ohs.acf.hhs.gov/mental-health/article/mindful-moments-chair-stretches>
- <https://eclkc.ohs.acf.hhs.gov/mental-health/article/mindful-moments-hand-exercises>
- <https://eclkc.ohs.acf.hhs.gov/mental-health/article/mindful-moments-s-o-f-t>

# Physical Wellness

## Children's PE Classes

<https://www.popsugar.com/family/joe-wicks-free-virtual-gym-classes-for-kids-on-youtube-47336547>

## United WE Move – Home Work-Ins (Live Streams)

<https://www.planetfitness.com/united-we-move>

## Exercise Classes

<https://www.chicagotribune.com/coronavirus/ct-life-online-home-virtual-workouts-coronavirus-tt-0318-20200320-33lwwhwqavatzl3bz7jit7yozy-story.html>

## Skill Share

<https://www.skillshare.com/browse/dance>

## Zumba Kids

<https://family.gonoodle.com/channels/zumba-kids>

## Kidz Bop

<https://www.youtube.com/user/KidzBopKids/featured>

## Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga/featured>

## Yoga with Adriene

<https://www.youtube.com/user/yogawithadriene>

## Museum, Art, & Culture

### Smithsonian

<https://www.smithsonianmag.com/smithsonian-institution/eight-digital-education-resources-around-smithsonian-180974430/>

### Museum Art and Culture

<https://artsandculture.google.com/>

### NPR Virtual Concerts

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

## PD & Educational Enrichment

### PA Office of Child Development & Early Learning

<http://www.pa-home-visiting.org/2020training/>

### PA Early Intervention Technical Assistance

<http://www.eita-pa.org/professional-development/>

### Trying Together

<https://tryingtogether.org/events/>

### Penn State Extension – Better Kid Care

<https://extension.psu.edu/programs/betterkidcare/early-care>

### Ivy League Free Online Courses

<https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869>

# OCD Toolkit for COVID-19

**Online Navigation: Family Center Resources for Staff & Families (*updated and re-sent as needed*)**

**Non-Digital Family Activities**

**Staff Work Schedule (Weekly) – Template**

**Family Schedule (Weekly) – Template**

**Weekly Family Center Activity Ideas (check Family Centers Newsletter & Family Support Facebook)**

**Family Center Planning**

Please contact Ennad Murrell-Merriweather, Director of Partnerships for Family Support by email ([Ennad.Murrell@pitt.edu](mailto:Ennad.Murrell@pitt.edu)) to address specific needs and specialized materials.