

The Humana Work-Life team has put together some helpful resources for parents – general info regarding help with children at home and about accessing child care. Please see below. As always, you can call the EAP to ask a Work-Life Specialist for additional resources to fit your specific question or need.

Parenting During Coronavirus (COVID-19)

Recently many states have made the decision to close multiple school districts across the nation. For parents wanting to know the specifics regarding guidance practices for schools and child care programs, the CDC offers an in-depth [Interim Guidance resource page](#). [This resource page provides information regarding the three levels of community transmission.](#)

With schools closing the [Department of Education has put forth multiple online resources and information regarding coronavirus \(COVID-19\)](#). [Some questions may be answered as why schools are closing, answers on a school's responsibility for providing services to children with disabilities, and facts about school assessments and accountability for students.](#)

- Parents are encouraged to contact their local school district for specific guidance on virtual learning opportunities, lessons and school meals/lunches.

It is important to remember that work-life services provides you with referrals, not recommendations. The quality of the providers cannot be ensured by work-life services or by your employer. The work-life resource and referral program is designed to educate employees about their options, knowing that only you can decide what is best for your family.

Support for Parents with Students at Home:

- List of [educational companies offering free subscriptions to students due to school closings](#)
- [Virtual field trips kids can take from their couch](#)
- Common Sense published information regarding a list of recommended [apps and sites for students](#)
- [Scholastic has released free online learning courses](#)
- Examples and ideas for a [daily schedule and routine](#)
- Sample Daily Home Schedule [PDF](#)
- [Q&A Coronavirus and Parenting Tips \(and audio\)](#)
- Twitter – EdChat: provides many [educational support resources and help for families regarding remote learning](#)

Childcare Support:

School closures have resulted in more students needing childcare, if parents are unable to stay home. It has proved challenging for parents to find the needed childcare, as many childcare providers (centers or family daycare homes) are already full or not accepting new children or have made the decision to temporarily closed.

- Parents are encouraged to contact their local school district for specific guidance if “emergency” childcare centers are available. Many locations have reported to opening alternative childcare solutions, especially for families that work in the medical field.

The [YMCA and Boys and Girls Club of America typically provide care for young children and teenagers and can be a helpful resource for those parents not ready to have their older child stay home alone.](#) Both organizations offer an online search tool for parents to find the closest location to their zip code.

In the event where families still need childcare and local childcare providers are closed or unavailable, and parents are required to work outside the home, there are also many online search tools that allow families to locate individual babysitters, please see the list below:

- [Care.com](#)
- [SitterCity](#)
- [eNannySource](#)