

## PARENTING DURING COVID-19 RESOURCES: BACK TO SCHOOL

Remote school instruction and virtual learning are likely to continue for many children this fall. Many reopening school plans will rely on hybrid learning schedules, where students attend schools on alternating days of the week and learn from home on the other days. The below resources may offer help in supporting parents who may need to continue to work from home, while also helping their children with remote learning or finding alternative childcare solutions.

*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.*

[Healthy Children.org](#) is an organization developed by the American Academy of Pediatrics. It's an online education source that offers insight into a variety of health topics for children, including multiple resources related to [COVID-19](#).

- [Return to School During COVID-19](#)
- [Age-Based Tips to Help Juggle Parenting and Working from Home During COVID-19](#)
- [Working and Learning from Home during the COVID-19 Outbreak](#)

Supporting the mental health of children and teens is important to parents, as well as teachers. The CDC, UNICEF and Healthy Children.org have helpful articles that may assist families in dealing with the effects of COVID-19. Examples of articles include the following:

- [Returning to School After an Emergency or Disaster: Tips to Help Your Students Cope](#)
- [Supporting Your Child's Mental Health as they Return to School During COVID-19](#)
- [What Will a Return to School During the COVID-19 Pandemic Look Like?](#)
- [How to Help Children Build Resilience in Uncertain Times](#)
- [Mental Health During COVID-19: Signs Your Teen May Need More Support](#)

Parents whose child's school will not be reopening, are facing the additional task of keeping their school-aged child engaged with remote learning. Countless online resources offer tips and strategies to help parents work from home and provide education support for their student. The below web links are just some examples of the many learning resources available:

- [Resources for Learning at Home \(US Department of Education\)](#)
- [Apps and sites for students \(published by Common Sense\)](#)
- [Help Children Learn at Home \(CDC\)](#)
- [Teaching Kids at Home](#)
- [When School is Closed: Resources to Keep Kids Learning at Home](#)

Parents may be worried about their children falling behind if schools are not offering in-person learning. Those seeking educational support for their students can look into hiring a tutor to offer one-on-one coaching. Some tips regarding hiring a tutor include:

- [Tutor Hiring Safety Tips](#)
- [How to Hire a Tutor](#)

For those parents needing extra educational help in the home, where virtual/online tutoring is not appropriate, an in-home tutor may be needed. These three sites could offer parents a starting point in searching for an available tutor in their area:

- <https://www.wyzant.com/>
- <https://clubztutoring.com/>
- <https://www.varsitytutors.com/>

On-going school closures have resulted in more parents needing childcare. With the school year having started or starting soon, some cities in the United States have proposed sponsored childcare programs to care for some of the children in the fall, when students will only attend school physically 1-3 days a week. If seeking childcare options outside the home, the below articles can offers some guidance in choosing a daycare provider:

- [Choosing Child Care](#)
- [Choosing a Child Care Center](#)
- [Quality Checklist for Choosing Child Care](#)

The Work-Life program is available to support parents locate available child care options. Depending on what is available in the community, child care specialists will provider referrals to child care centers, day care providers, after-school options, tutoring programs and much more. Parents and caregivers are encouraged to contact the Work-Life program to consult with a child care specialists around their individual needs.

## Other Childcare and Learning Resources

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### Organizations/websites available to support home schooling:

**K12:** This website offers classes in language arts, math, science, and history as well as world languages for grades k–12, early learning programs for preschoolers, AP courses, and STEM courses. They offer live online tutoring and interactive learning games. K12 offers online public schools as well as private schools. The online public schools are free of charge, but they charge a fee for private school learning programs. You can also purchase classes independently for varying prices. <https://www.k12.com/>

**2simple.com:** This website offers a program called PurpleMash, which contains thousands of opportunities for learning in several different forms. They offer open-ended learning, in which children can engage with publishing, story creation, game design, collaborative writing/art, etc. They also offer learning tools for spelling and grammar, math, Cross Curricular project work and more. 2Simple is now offering free access to Purple Mash while schools are closed due to COVID-19. <https://2simple.com/us/>

**Alchemie:** Due to current school-closings because of COVID-19, Alchemie.com is offering reduced prices for online learning. For \$9.99/month per student, they are offering 250+ puzzles, instructional videos, learning of reactions from organic chemistry 1 & 2 and access to their growing content library. <https://www.alchem.ie/>

**American Chemistry Society:** This website offers a program called *ChemMatters*, which provides hundreds of articles for supplementary reading related to science. *ChemMatters* explains chemistry behind every day phenomena, enabling students to see the applications behind chemical concepts and how these applications affect the world around them. Since this website does not offer holistic learning opportunities such as online classes or learning in subjects such as math, English, or history, most of its content is completely free. Geared towards students who do not need help, but are looking for extra leaning opportunities/resources.

<https://www.acs.org/content/acs/en/education/students.html>

**Khan Academy:** Khan Academy is a non-profit organization that offers free educational opportunities and resources. Students can receive personalized help with what they're studying or learn something completely new. They provide learning in math, test prep, science, computing, arts/humanities, economics, and more. Please note certain browsers not supported. <https://www.khanacademy.org/>

**Learn to Be:** This is a non-profit organization that provides free one-on-one tutoring services online. They support students in grades k-12 in all subjects, including math, science, reading, and English. All you need to do is fill out a short enrollment form, and you'll be connected to a tutor at no cost. <https://www.learntobe.org/>

**Outschool:** Outschool provides hundreds of online classes to fit any child's interests. They have subjects ranging from AP Physics to life skills and health and wellness. They are now also offering live online classes and camps for students, where students will have the opportunity to learn with peers, meeting in small groups online. <https://outschool.com/#abkd61lk28>

#### Virtual nanny offerings:

**Virtual Babysitters Club:** The Virtual Babysitters club is a newly-founded program that is designed to give parents a break from entertaining their children. They connect your children with professional performers to keep them virtually engaged. These "virtual play dates" can include dance parties, puppet shows, trivia games, and more. They offer one-on-one sessions tailored to your child's needs and interests, group sessions with up to five children, summer camps, and birthday party entertainment. \$30 per hour w individual sessions, \$90 per hour for group sessions. <https://www.virtualbabysittersclub.com/>

**SitterStream:** SitterStream is an on-demand online babysitting service. Unlike the Virtual Babysitters Club, SitterStream does not hire professional actors and actresses to perform for the children. Instead, they hire trained babysitters, teachers, pediatric nurses and psychologists, and other professionals who have experience with caring for children. The sitters engage in fun activities with the children such as crafts, music, games like "Simon says," etc. They also offer virtual tutoring services with trained educators. Parents can join for \$19.99 a month, but this does not include the fee for the sitters. <https://www.sitterstream.com/>

**The Babysitting Company:** Along with providing general caregiving services, this company offers virtual care. They do one-on-one tutoring, sing-alongs, arts and drawing, singing, dancing, meditation, yoga, story time, and much more. The Babysitting Company charges \$25 for one-hour sessions, with an extra \$10 fee for tutoring/homework help. <https://thebabysittingcompany.com/services/>

### **Learning Pods**

[Learning Pods](#), one of a handful of new services that help form pods and pair them with trained instructors, has been working on collaborations with public and private schools — in states like Virginia, Florida and New York — that are taking a hybrid approach this fall. On the days that students aren't in the classroom, they would be part of a pod working on the teacher's curriculum.

- Some families are collaborating to form “pods”
- Others are using social media to organize small-group childcare, education collectives or study groups
- Some groups of families are hiring teachers, tutors or childcare providers

### **Community Organizations**

Across the country, [Y.M.C.A.s](#) are establishing in-person learning centers to help ease the burden on parents while allowing kids to play and socialize. For example: they do schoolwork first thing in the morning, break for lunch and then have an afternoon of summer-camp-like activities including crafts, games and sports. Please refer to this NY Times Article: [Pandemic Schooling Options](#), for other ideas.

**For further information and for customized research into childcare or education options, please contact the Work-Life program.**