

tips + resources  
for parents & children  
during the COVID-19  
pandemic

# PARENT/CHILDREN RESOURCES

## LUTHERAN SOCIAL SERVICES OF INDIANA

LSSI is updating a list of community resources for families daily. Please visit: <http://lssin.org/covid19/> for more information.

## CHILD MIND INSTITUTE

"We know parents are struggling to balance work, child care and self-care while keeping worries – both your children's and your own – under control. You don't have to do it alone." \*\*Also Available in Espanol

[How to Avoid Passing Anxiety on to Your Kids](#)

## CORONAVIRUS BOOK FOR CHILDREN

Looking for a way to explain the COVID-19 pandemic to your children? [Visit this site, available in multiple languages.](#)

## SAMHSA

Talking With Children: TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS

## PFW

Please visit PFW's resource page (Resources for Parents) to get connected to multiple support services.

## **A FEW ACTIVITIES:**

- [Quingo](#)
- [Stuck indoors activities](#)
- [Activities & online resources](#)

*tips + resources  
for parents teaching  
their kids from home*

# NEW TO HOMESCHOOL



## COORDINATE WITH TEACHERS

Follow the learning plans, but have a chat with the teacher to learn what is expected of them and of you. Build a workflow that works for your child and your family.



## SET A SCHEDULE...

You may be following a lesson plan, but it's up to you and your child to set how you'll work with it. If you do have the flexibility, set up times for study and breaks at times that work with your child and family.



## ...BUT BE FLEXIBLE

Changes do happen. Even if you have lesson plans and study schedules, home school is a new scenario for many. Don't be too hard on yourself. Allow time to adjust.



## LEAN IN TO YOUR CHILD'S NATURAL INTERESTS

If your child is really engaged and self-driven on certain topics, schedule these topics during times where you can take a mental break or focus on other work.



## CONNECT WITH PARENTS

Mailing lists of group chats are helpful. You can chat with parents going through home school the first time, share stories, get tips. Times may be hard but you don't have to go through it alone.



## FIND SOME ONLINE RESOURCES FOR...

- [Scholastic Learn-at-home Resources](#)
- [Virtual School Activities](#)

