

**Sabra Law Group, PLLC
Presents**

**Your Ultimate Parenting Guide to Help Get You Through
COVID-19 and Working from Home**



Hello there,

The world, and life, as we have known it has changed so quickly, and in a short period of time.

It was only a brief while ago when we were taking our children to school, or they were picked up by a yellow school bus, we were traveling to work by car, train or subway, attending business meetings, shaking hands and greeting people. We stood close to each other on subways, in grocery and department stores without a care or concern.

Now, we are exercising “social distancing”, wearing face coverings, leaving our homes only for necessities like food and medication.

This also means that we are home for many more hours than we ever have before. Some may see this as a blessing and enjoy their “home as their castle” but for many these are challenging times.

Where once we were engaged in our routines in the morning, at work and returning home, engaging the services of others for house cleaning, laundry and meal prep. Now we are finding ourselves doing it all – many people are still working (but from home), we are monitoring and helping our children to be engaged in remote-learning, making sure everyone in the household has access to food for breakfast, lunch, dinner and snacks throughout the day. We are now also undertaking the tasks as housekeeper, food shopper, food preparer, doing laundry; and then there are the “new” and “extra” tasks of wiping down all of the food and anything else before it enters the home and gets stored away.

With all these additional pulls on our time, we are stressed to the max, feeling that there is little to no time for ourselves to relax, breathe and just “be”.

So, how can you create space for yourself?

How can you de-escalate conflicts that are bound to arise?

How can you manage your emotions and keep your family together during this world crisis?

While there is a crisis going on in the outside world, how do we maintain a semblance of peace and balance on the inside – within ourselves and within our homes and within our families?

That’s why I have culled together resources for managing stress and anxiety and sharing ideas on how to discuss this with your children and teenagers and ideas for family time and creating bonding opportunities.

By using these tools and resources, discussing and sharing with your family and children about your outlook and your desire that you all come out of this stronger for it, you and your family can make that so.

It will take effort.

You do not have to do it alone.

Instead, I propose that you do it together.

Hang in there.

This too shall pass...



Hello. My name is Sabra Sasson, and I am New York City attorney. Thank you so much for treating yourself and your family to this gift, this resource that may prove to be invaluable to you and your family.

It is my hope to be of service to you while we are all navigating this challenging period.

We are in a world of “unknowns” and there is so much to figure out until we can return to what will be the “new normal”.

To schedule a complimentary call with me [click here](#) to access my calendar or paste this link in your browser: <https://bit.ly/callwithsabra> - You can also email me directly: sabra@sassonlaw.net

If you need someone to talk with, to offer guidance or additional resources, you can email me via my email address above.

Best wishes and stay safe and healthy,

- Sabra Sasson

Websites with Easy to Absorb Videos

Child Mind Institute

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

This website not only provides invaluable resources, but they also post daily video tips. Visit the site each day to view the tip of the day as well as to access previous video tips as well

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

This website

PBS Kids for Parents

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

This site is for parents with children.

Coping Skills for Kids

<https://copingskillsforkids.com/coping-with-coronavirus>

There is information not only for young children, but for teens as well.

National Institute of Mental Health

<https://www.nimh.nih.gov/about/director/messages/2020/coping-with-coronavirus-managing-stress-fear-and-anxiety.shtml>

Site is

Very Well Mind

<https://www.verywellmind.com/how-to-cope-with-loneliness-during-coronavirus-4799661>

Article about how to deal with loneliness. Your children may be apart from you longer than you are used to, and feelings of loneliness may settle in.

Calm Down Stories

https://more.calmdownstories.com/?r_done=1

Website that provides short stories for your children if they are experiencing a meltdown and everything you are doing isn't distracting them and getting their attention

Yale Child Study Family Resources and Suggestions for Coping with Coronavirus

<https://covid.yale.edu/resources/cscrecs/>

TALKING WITH CHILDREN

The National Association of School Psychologists

Guide for parents addressing talking to children and creating structure and predictability for daily life at home, available in English, Spanish, Chinese, Amharic, Korean, French, and Vietnamese

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-%28coronavirus%29-a-parent-resource>

World Health Organization

Helping children cope with stress during the 2019-nCov outbreak

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Child Mind Institute

Talking with Kids About the Coronavirus

https://childmind.org/article/talking-to-kids-about-the-coronavirus/?utm_source=newsletter&utm_medium=email&utm_content=READ%20MORE&utm_campaign=Weekly-03-16-20

Child Mind Institute

Supporting Kids During the Covid-19 Crisis

https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20

Child Mind Institute

How to Avoid Passing Anxiety on to Your Kids

https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20

Child Mind Institute

How Can We Help Kids with Transitions?

https://childmind.org/article/how-can-we-help-kids-with-transitions/?utm_source=newsletter&utm_medium=email&utm_content=How%20Anxiety%20Leads%20to%20Disruptive%20Behavior&utm_campaign=Weekly-03-16-20

Child Mind Institute

When Siblings Won't Stop Fighting

https://childmind.org/article/when-siblings-wont-stop-fighting/?utm_source=newsletter&utm_medium=email&utm_content=Are%20Time%20Outs%20Harmful%20to%20Children%3F&utm_campaign=Weekly-03-16-20

The American Academy of Child Psychiatry

14 Tips for Talking to Children

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf

Children's National

Answers Adults Can Offer to Answer Common Questions Children May Ask

<https://riseandshine.childrensnational.org/covid-19-faqs-for-kids/>

SAMSA

Guidance for talking with children of different ages in helpful ways

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

RESOURCES TO SHARE WITH CHILDREN

Social Story About Coronavirus

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

NPR Comic Book to Calm Fears About Catching the Virus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Children's Guide Appropriate for School-aged Children

<https://www.livescience.com/coronavirus-kids-guide.html>

PBS Article

Information Language for Talking to Kids about Coronavirus

Links to Television episodes that address different aspects of health

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR2S4HdQIclBKD3IMtF5I8DeasdaadUjhNhqFM38WFMgmsrNncRW8aVCU68>

Duke Center for Autism and Brain Development

Resources for young children and children with developmental disabilities

- [How to talk to your child with ASD about frightening situations](#)
- [Flu picture story](#)
- [Visual supports: Social Story about not sharing germs](#)
- [Visual supports: Hand-washing steps](#)

Science Podcast for Kids

Explains Coronavirus for kids, available in English and Spanish

<http://www.sciencepodcastforkids.com/blog>

Free children's book in Spanish

To help children and adults talk about Coronavirus (with useful parent guide)

<https://www.copmadrid.org/web/publicaciones/rosa-contra-el-virus-cuento-para-explicar-a-los-ninos-y-ninas-el-coronavirus-y-otros-posibles-virus>

ACTIVITIES FOR AT HOME LEARNING

Khan Academy

Offers school closure resources; wide range of learning activities

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

Prodigy

Math games

<https://play.prodigygame.com/>

Mystery Doug

K-5 Science lessons

<https://mysterydoug.com/>

Nitro Type

Online typing game

<https://www.nitrotype.com/>

Typing Club

Online typing instruction

<https://www.typingclub.com/>

History for Kids

Free history network for kids

<https://www.historyforkids.net/>

Scholastic

Fun online learning for pre-k through grade six and beyond

<https://classroommagazines.scholastic.com/support/learnathome.html>

Virtual field trips

<https://www.discoveryeducation.com/community/virtual-field-trips/>

Virtual tours of 12 museums

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

NASA Kids Club**Grade k- 12 activities**<https://www.nasa.gov/kidsclub/index.html>**Starfall Prek-3 literacy and math****For struggling/ reluctant readers**starfall.com**Kids National Geographic****Fun learning activities**<https://kids.nationalgeographic.com/>**Into the Book****Fun reading strategies**<https://reading.ecb.org/>**Seussville****Reading/ games/ videos**<https://www.seussville.com/>**Highlights****Learning games and apps**<https://www.highlightskids.com/>**Story Online**<http://storyonline.net/>

RESOURCES FOR FINANCIALLY STRETCHED FAMILIES

211.Org

Resources for families

<http://211.org/services/covid19>

<http://211.org/services/essential-needs>

INTERNET

Spectrum

Offering free internet access to homes with students

<https://www.wvlt.tv/content/news/Spectrum-offering-free-internet-access-to-homes-with-students-568797021.html>

Comcast

Free internet for kids who get reduced school lunches

<https://internetessentials.com/>

ART ACTIVITIES & INSPIRATION

Meri Cherry

Process art projects and activities for kids

<https://mericherry.com/2015/09/28/50-process-art-activities-for-kids/>

The Artful Parent

Spring activities for kids

<https://artfulparent.com/30-spring-activities-for-kids/>

Mo Willems (author of the popular “Elephant & Piggie” and “Pigeon” series)

Daily live doodle with kids

<https://www.kennedy-center.org/education/mo-willems/>

Arts and Culture

Museum tours and more

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

<https://chesapeakefamily.com/fun/fun-stuff-to-do/9901-virtual-field-trips-kids-can-explore-the-world-from-home>

<https://www.google.com/amp/s/www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours%3famp=true>

McHarper Manor

Art classes on line

<https://www.mcharpermanor.com/>

Lani Rosen (local yoga instructor)

Free online yoga classes for children and families twice daily

<https://www.crowdcast.io/e/yogawithfullofjoyoga/register>

Yoga Online

Free yoga classes

<https://theyogashop.us/>

BOARD & CARD GAMES

Checkers
Candyland
Chutes & Ladders
Uno
War
Sorry
Chess
Zingo
Jenga
Monopoly
Cootie



BOOKS & STORYTELLING

Inclusive Storytime

Information about picture books with characters as well as authors and illustrations with diverse backgrounds

www.inclusivestorytime.com

For purchase

www.amazon.com/shop/inclusivestorytime

Stories from Space

Features videos and access to books

<https://storytimefromspace.com>

Storyline Online

Children's stories read by famous people

<https://www.storylineonline.net/>

Front Range Downloadable Library

Options to borrow books

<https://frontrange.overdrive.com/library/kids/>

Mindheart COVIBOOK

Printable activities in several languages

<https://www.mindheart.co/descargables>

Children's Psychological Health Center

Guided activity workbooks

<http://www.childrenspsychologicalhealthcenter.org/resources/guided-activity-workbooks/>

People Get Ready Book Store

9:00 a.m. Daily live children's books readings

https://m.facebook.com/story.php?story_fbid=219789176060650&id=108846517154917¬if_t=page_post_reaction¬if_id=1584106479078519&ref=m_notif

COOKING ACTIVITIES & INSPIRATION

Cooking with children

<http://spatulatta.com/>

Playdough Recipes

Original recipe <https://livingwellmom.com/easy-homemade-playdough-recipe/>

Gluten Free recipe <https://livingwellmom.com/easy-gluten-free-playdough/>

Slime Recipe

<https://preschoolinspirations.com/make-slime/>



COOL SITES, PODCASTS & APPS

PBS Kids

English and Spanish ages 4-7- games/ videos/ learning activities

pbskids.org

Wow in the World Podcast

Journey into the wonders of the world

<https://www.npr.org/podcasts/510321/wow-in-the-world>

Meditation App

Guided meditations, stories, music & more

<https://www.calm.com>

Anti-Coloring Book info & app

<https://youngatartllcdotcom.wordpress.com/my-apps/>

5 scavenger hunts with free pintables

<https://www.themanylittlejoys.com/preschool-scavenger-hunts/>

8 sorting activities with things you likely have at home

<https://busytoddler.com/2015/12/8-simple-sorting-activities/>

Day-by-day projects to keep kids reading, thinking, and growing

<https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k.html>

Foundational preschool skills

<https://www.naeyc.org/our-work/families/tips-tablets-and-apps-early-childhood-classroom>

Foundational preschool skills

<http://www.agnitus.com/>

MEDIA GUIDES

Expert reviews, objective advice & helpful tools

<https://www.commonssensemedia.org/about-us/our-mission>

Child Study Center Social Work Fellows

Website of activities related to nature that can be done at home either inside or outside

<https://sites.google.com/view/mighty-oaks/>

BENEFITS INFORMATION

Unemployment Insurance Expansion

The CT Dept. of Labor (DOL) is announcing modifications to unemployment insurance to help protect workers during this difficult time. Specifically, CTDOL is suspending the requirement that workers applying for new unemployment benefits directly impacted by the COVID-19 pandemic be actively searching for work.

Moratorium on Utility Shut-Offs:

The CT Public Utilities Regulatory Authority (PURA) has ordered a moratorium on all utility shut-offs. Specifically, PURA has ordered the gas, electric, and water public service companies it regulates to implement a shut-off moratorium and refrain from terminating utility service to residential customers, except for reasons of public safety, for a 30-day period subject to renewal to ensure all residents may safely remain home during the epidemic.

Expansion of AccessHealth CT Benefits

The Office of Health Strategy Executive Director Vicki Veltri is reminding all CT residents that any worker in the state who receives health insurance through their employer, becomes unemployed, and loses minimum essential coverage or receives COBRA – whether it is due to the COVID-19 outbreak or otherwise – qualifies all year-long for open enrollment through AccessHealthCT, the state’s health insurance marketplace. Those interested in applying can find more information at <https://learn.accesshealthct.com/special/>

A Resource for Uninsured Families

https://www.nbcconnecticut.com/news/coronavirus/access-health-connecticut-announce-new-enrollment-period-for-uninsured-residents-amid-coronavirus-concerns/2240649/?_osource=SocialFlowFB_CTBrand&fbclid=IwAR23oJ833zyUt4ziHepj-zUwVG-Hi4mqLmxCiRgTbmDdsBkKIOER4v40Rzw

FOOD RESOURCES

New Haven Public Schools

Food distribution sites

https://www.nhps.net/cms/lib/CT50000447/Centricity/Domain/67/Meal_Distribution_Sites_FINAL_03-13-2020.pdf

Cheshire Public Schools

Meals for kids

<https://sites.google.com/cheshire.k12.ct.us/continuityofeducation/food-nutrition>

Feeding America

Find your local foodbank

<https://www.feedingamerica.org/find-your-local-foodbank>

CT Foodbank

<http://www.ctfoodbank.org/>

211 of CT

<https://www.211ct.org/>