

Parents of School - Aged Children Support Guide

Information for employees with school-aged children (5-18 years old) to help support through the COVID-19 pandemic.

Working while caring for school-aged children and other dependents during this unprecedented time has created additional considerations for the role of a parent. This guide is designed to highlight information and support that is currently available through internal and external resources.

WEB-BASED RESOURCES (SO MANY OUT THERE! HERE ARE A CURATED FEW)

- [Khan Academy](#): A valuable educational resource that has daily schedules and educational livestreams.
- [Audible](#) is offering free streaming of stories for as long as schools are closed.
- [Discovery Education](#) offers free virtual field trips complete with companion guides and hands-on learning activities. For example, kids can explore Polar Bears and the Tundra or take a look behind the scenes of the Johnson Space Center in Houston, Texas.
- Take a [virtual tour](#) of Yellowstone National Park.
- [Mo Willems](#) is offering drawing classes for children every day at 1pmET. New lessons are posted to the Kennedy Center's [YouTube](#) channel.
- [Cincinnati Zoo & Botanical Garden](#) hosts a Home Safari facebook live every weekday at 3 PM ET, that features a different animal each day. Also will be posted to both their website and YouTube.
- [Free Worksheets](#) for kids of all ages.
- Learn a new language with [Duolingo](#).
- [Yoga lessons](#) that are tailored for children, normally has a fee to purchase/download, but site owner lifted all fees during this time.
- [Nomster](#) offers illustrated recipe picture books that get kid chefs excited about cooking.

EMPLOYEE RESOURCES

- The Generations ERG hosts regular events, meetings and peer-to-peer networking to support parents. A parent pairing programming will be launching soon! Check this ERG's [Iris group](#) for updates and social functionality, e.g. chat, to connect with one another on how you are managing through this time.
- Through discussions with your manager, consider what flexible work arrangement and accommodations may help you better manage your situation. Once you have fully exhausted those options, then consider [ETO and PTO](#).

TIPS FOR BALANCING DEMANDS

- Be kind and compassionate with yourself and carve out time for yourself, including scheduling time for things you enjoy such as reading, exercising and connecting with friends.
- Take advantage of [Emotional Support / EAP](#) to manage your health and cope with anxiety from COVID-19 with podcasts, webinars, helpful tools and more.
- Check out [this list from Happify](#) of 5 things to do to help your mental health during this time.
- Review additional resources on the [Cigna Coronavirus Site](#).

