**COVID-19 Resource List**

**June 2020**

The following resources have been compiled from many sources and are intended to support Early Start FRCs in their ongoing support to their families during this unprecedented COVID-19 event. We have made every effort to compile appropriate resources and have visited all these websites to verify at a macro level. As always, encourage you to use your own judgement when accessing and sharing resources.

Previous Resource Lists may be found on the [frcnca.org](http://www.frcnca.org/) homepage.

Your FRCNCA staff is ready to help you as we can so please feel free to reach out and let us know what you might need and how we can support you. Questions and other resource ideas may be directed to espprogram@frcnca.org or 916-993-7781.

You may reach your fellow ESFRC Directors via the directors@frcnca.org listserv

**Where to go for things to do with kids:**

* [Edible Slime, No Bake Playdough and Kinetic Sand](https://www.ccrcca.org/parents/strengthening-families-blog/item/we-have-three-fun-and-a-little-messy-activities-your-kids-will-love?ct=t(EMAIL_CAMPAIGN_5_28_2020_9_17)&mc_cid=09d2c20904&mc_eid=18c31cdccc) - Three fun - and a little messy - activities your kids will love!
* [Play Activities for 12 to 24 Months](https://www.zerotothree.org/resources/167-play-activities-for-12-to-24-months) from Zero to Three
* Fatherly offers [*The Best Indoor Games for Quarantined Kids and Families*](https://www.fatherly.com/play/activities/best-indoor-games-for-kids-and-families-coronavirus-quarantine/)
* [Teaching Mama](https://teachingmama.org/) offers sensory play, crafts, and printables that are searchable by age.

**Where to go for financial resources:**

* National Disability Institute (NDI) recently launched the[Financial Resilience Center](https://www.nationaldisabilityinstitute.org/financial-resilience-center/), an online information hub to help people with disabilities and chronic health conditions respond to the financial challenges of the COVID-19 pandemic. NDI’s Financial Resilience Center answers frequently asked questions about COVID-19 Stimulus; Employment and Unemployment; Public Benefits; Housing, Food and Healthcare; Money Management; Scams; and more.
* [Extensions of IRS ABLE-Related Deadlines -](https://www.ablenrc.org/may-june-2020-achievable-newsletter/#7)Due to the COVID-19 pandemic, the IRS issued Notice 2020-23 that extends the completion of some tax-related deadlines to several types of ABLE account rollovers, and to contributions over annual limits, to July 15, 2020. The extension to July 15, 2020 is automatic. It does not require that you meet any condition of being directly or indirectly affected by COVID-19 and does not require contact with the IRS or the completion of an IRS form, but other steps must be taken by the July 15, 2020 deadline.
* California State Treasurer’s office’s [comprehensive list of supports](https://docs.google.com/spreadsheets/u/3/d/1tYNAyRgzUfsAlLl7RJC0Ez_ClyyLXSsNWfB-1UPetQY/htmlview#gid=0) available to nonprofits and small businesses (updated daily)
* **Pandemic P-EBT -** [**Get Help Buying Food While Schools are Closed**](https://ca.p-ebt.org/en/) **(application deadline 6/30)** This program, called P-EBT, is for students who are normally able to get free or reduced price school meals. Apply and get up to $365 per child to spend on groceries. Children may continue to receive "grab n go" meals or emergency food at COVID-19 emergency feeding sites offered by schools and community locations, even if they are receiving P-EBT benefits.

## [**CA Meals for Kids Mobile Application**](https://www.cde.ca.gov/re/mo/cameals.asp) - The CA Meals for Kids mobile application helps you find nearby California Afterschool and Summer Meal Programs Sites through your iOS, Android, or Microsoft devices. The Emergency Meal Sites section may be used during unanticipated school closures due to emergency situations.

* If your income has decreased you may now qualify for WIC services. Check your eligibility [here.](https://www.myfamily.wic.ca.gov/Home/AmIEligible#step1)

**Where to go for resources for your families:**

* With the COVID-19 pandemic increasing reliance on technology, Apple says it is rolling out extra help for people with disabilities using its products for remote learning and other purposes. Apple is introducing a dedicated support team to address accessibility questions as well as a new support [site](https://support.apple.com/accessibility) and how-to [videos](https://www.youtube.com/playlist?list=PLIl2EzNYri0cLtSlZowttih25VnSvWITu) focused on using such features. In addition, the company is now offering one-on-one virtual coaching sessions for students with disabilities and their teachers who are engaged in remote learning.

# The CDC has released [Guidance for Direct Service Providers, Caregivers, Parents, and People with Developmental and Behavioral Disorders](https://www.cdc.gov/coronavirus/2019-ncov/hcp/developmental-behavioral-disorders.html) including sections on:

## Accommodations, modifications, and assistance

## Developmental monitoring and screening of children during COVID-19

## Distance learning for college or graduate school students with developmental or behavioral disorders

## Parents supporting children with distance learning

# [What Comes Next: Back to Child Care Following Shelter-in-Place](https://www.zerotothree.org/resources/3413-what-comes-next-back-to-child-care-following-shelter-in-place) – Zero To Three offers some tips for managing the preschool transition post-COVID

* Multilingual Brain Building Resources - Vroom has [videos, tips, and resources](https://nationalfamilysupportnetwork.us9.list-manage.com/track/click?u=ed250daa64bb471a0a16ac92e&id=dfd33705ae&e=b65f91c7f7) for brain building activities to do with children at home.  Select resources are available in English, Spanish, Arabic, Bengali, Chinese (traditional and simplified), French, Haitian Creole, Korean, Polish, Russian, Somali, Tagalog, Urdu, Uzbek, Vietnamese, and Yiddish.
* ZERO TO THREE experts share their [favorite picture and activity books](https://www.zerotothree.org/resources/3399-our-favorite-books-for-families-facing-tough-times) for supporting young children through stressful and traumatic situations.
* *Social Stigma Related to COVID-19* from unicef [Spanish](https://www.unicef.org/uruguay/media/2651/file/El%20estigma%20social%20asociado%20con%20el%20COVID-19%20-%20UNICEF%20Uruguay.pdf)  [English](https://www.unicef.org/media/65931/file/Social%20stigma%20associated%20with%20the%20coronavirus%20disease%202019%20%28COVID-19%29.pdf)
* *Coronavirus Advice for Consumers - Avoid Coronavirus Scams* from the Federal Trade Commission [Spanish](https://www.ftc.gov/es/coronavirus/las-estafas-relacionadas-con-el-coronavirus) [English](https://www.ftc.gov/coronavirus/scams-consumer-advice)
* Search for *free or reduced cost services* by zip code like medical care, job training and more at [AuntBertha.com](https://www.auntbertha.com/). Website can be converted to Spanish.

**Where to go for resources for your ESFRC:**

# The CDC offers extensive [COVID-19 Employer Information for Office Buildings](https://www.cdc.gov/coronavirus/2019-ncov/community/office-buildings.html)

# The Eblin Group poses [“Some ‘What If’ Questions You Should Be Asking Right Now”](https://eblingroup.com/blog/what-if-questions-you-should-be-asking/)

* The Center for Nonprofit Management shares resources from their webinar on Return-to-Work policies with Angela Weimer, National Director of Human Resources and Administration for NALEO Educational Fund and Rodney Bolton, of HR Bizz. Regina Birdsell also shared the results of their Return-to-Work survey of over 100 local nonprofit leaders. [You can view a recording of the session here](https://cnmsocal.us1.list-manage.com/track/click?u=65eb48990618507888e626c9e&id=2acb8559b3&e=616e1b9b20). Angela Weimer also graciously shared NALEO's [Remote Work Agreement](https://cnmsocal.us1.list-manage.com/track/click?u=65eb48990618507888e626c9e&id=29555e255c&e=616e1b9b20) and [Personal Mobile Device and Internet Stipend Agreement](https://cnmsocal.us1.list-manage.com/track/click?u=65eb48990618507888e626c9e&id=d7143abe9f&e=616e1b9b20) for use as templates.
* [*Coronavirus: what does my nonprofit’s insurance cover?*](https://calnonprofits.org/publications/article-archive/681-coronavirus-what-does-my-nonprofit-s-insurance-cover) This article from CalNonprofits answers five questions you may have considered.

# [Intuit Aid Assist](https://venturize.org/resources/intuit-aid-assist)—a free service for everyone—helps U.S.-based businesses, self-employed, contractors, freelancers, and gig workers understand different business relief programs available due to the COVID-19 crisis. Start with a loan eligibility assessment or get an estimate with loan calculators.

**Where to go for social emotional support:**

# [Helping Children Cope with Coronavirus and Uncertainty: How caregivers can answer children’s questions while fostering a sense of safety](https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty) – a 1 ½ minute video from Harvard Graduate School of Education

# [Webinar: Who’s Taking Care of You? Self-Care Strategies for Family Peer Support Professionals and Leaders](https://www.ffcmh.org/covid-for-fros) with National Presenter Sue Badeau. Link located under the ‘Self Care for Non Profit Leaders and the Parent / Family Peer Workforce section.

* [*How to Keep Children's Stress from Turning into Trauma*](https://www.nytimes.com/2020/05/07/well/family/coronavirus-children-stress-parents.html) - Children may be processing the disruptions in their lives right now in ways the adults around them do not expect: acting out, regressing, retreating or even seeming surprisingly content.  Parents need to know that all of this is normal and there are some things we can do to help.
* [*Kids Regressing? Help Them Cope With Stress During Coronavirus*](https://www.pbs.org/parents/thrive/kids-regressing-help-them-cope-with-stress-during-coronavirus) - An interview with Dr. Nadine Burke Harris, the Surgeon General of California

# [*Helping kids through the coronavirus crisis - 9 things children need from caregivers to survive the crisis*](https://www.today.com/parents/coronavirus-tips-kids-9-ways-help-them-cope-t182578)

# [Self Love Healing | 432Hz Music for Meditation | Ancient Frequency Music | Positive Aura Cleanse](https://www.youtube.com/watch?v=ZI4746iRqIM)

# [Sacred Greetings, Hands Free](https://www.youtube.com/watch?v=n5uD6iyse9w) - The USC student Interfaith Council introduces reverent ways of offering loving greeting - hands-free - from the world's spiritual traditions. ORSL.USC.edu