



PATERSON PUBLIC SCHOOLS

Mental Health and Coronavirus Resource Guide

Information guide created and provided by the PPS Mental Health Forum Team of 2020

90 Delaware Avenue, Paterson NJ 07503

April 2020

COVID-19 Links

PROGRAM NAME	COVERAGE AREA	DESCRIPTION	WEBSITE
NJ COVID-19 Information Hub	New Jersey	Live statistical updates for NJ, check your symptoms and NJ job employment listing portal	https://covid19.nj.gov/#live-updates
COVID-19 General Questions	New Jersey	Call 211 (7am-11pm)	
COVID-19 Clinical Questions	New Jersey	Text NJCOVID to 898-211 to receive alerts	
COVID-19 Information for General Public	New Jersey		https://www.nj.gov/health/cd/topics/covid2019_community.shtml
COVID-19 Information for Schools and Businesses	New Jersey		https://www.nj.gov/health/cd/topics/covid2019_schoolbusiness.shtml
Partnership for Drug-Free Kids	Nationwide	Support for parents who are concerned about their child's substance abuse	https://drugfree.org/article/covid-19-we-are-here-for-you/ or text COVID to 55753

Mental Health Support

PROGRAM NAME	COVERAGE AREA	DESCRIPTION	PHONE/WEBSITE
New Jersey Mental Health Cares	New Jersey	Behavioral health information and referral service and provide emotional support for issues related to COVID-19 and other mental concerns	1-866-202-HELP (4357) help@njmentalhealthcares.org
PerformCare	New Jersey	Providing mobile crisis and full-service behavioral health interventions for youth 3-21	877-652-7624 http://www.performcarenj.org/index.aspx
NAMI New Jersey	New Jersey	NAMI NJ is dedicated to improving the lives of people affected by mental illness	732-940-0991 http://www.naminj.org/where-to-get-help/state-services/
NJ 211	New Jersey	2-1-1 helps millions of Americans look for resources in their community health & human service resources throughout our state. Visit the website to read about programs and systems to address life's basic needs; download applications and access eligibility charts	2-1-1 https://www.nj211.org/mental-health-resources
Mom2Mom	New Jersey	Mothers with special needs children 8am-8pm	877-914-6662 http://www.mom2mom.us.com/GlassbookProject.htm

Recovery Support and Meetings

PROGRAM NAME	COVERAGE AREA	DESCRIPTION	WEBSITE
Alcoholics Anonymous	Online	Alcoholics Anonymous online intergroup meetings	www.beta.aa-intergroup.org
Alcoholics Anonymous	Conference Call	A meeting everyday at 2pm	(425) 436-6360 Access Code 422932
Adult Children of Alcoholics	Online	Adult Children of Alcoholics online support meetings	https://adultchildren.org/quick-search/?audiobt=Click+Here
Al-Anon	Online	Al-anon electronic meetings	https://al-anon.org/al-anon-meetings/electronic-meetings/
New Perspectives	Mobile Applications	Mobile Support Group – The best 5 sobriety apps to use in recovery	https://newperspectivesfl.com/blog/sobriety-apps/
Nicotine Anonymous	Online	Attend a meeting on your computer, tablet, or mobile phone.	https://nicotine-anonymous.org/find-a-meeting.html
Narcotics Anonymous	Online	NA Meetings online	https://virtual-na.org/
Rutgers Health Telephone Recovery Support	New Jersey	Telephone Recovery Support Services, Confidential, Free, recovery support calls to people seeking recovery from substance use disorders	833-TALKTRS
Peer Recovery Warmline	New Jersey	Peer Recovery WarmLine(PRW)is a peer-run service providing ongoing telephone support to mental health consumers as they work towards their recovery	www.mhanj.org 877-292-5588
New Jersey Mental Health Cares	New Jersey	Behavioral health information and referral service. Staff use their experience and understanding of the behavioral health system to provide emotional support for issues related to COVID-19 and other mental concerns	1-866-202-HELP (4357) help@njmentalhealthcares.org
PerformCare	New Jersey	Providing mobile crisis and full-service behavioral health interventions for youth aged 3-21	877-652-7624 http://www.performcarenj.org/index.aspx

Mental Wellness – Downloadable Cellphone Applications

APP NAME	CATEGORY	DESCRIPTION
notOK	Suicide Prevention	The app features a large, red button that can be activated to let close friends, family and their support network know help is needed. Users can add up to five trusted contacts as part of their support group so when they hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads: <i>“Hey, I’m not OK! Please call, text, or come find me”</i>
What’s Up	General Mental Health	Uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more
TalkLife	General Mental Health	TalkLife™ is a safe social network where you can talk about your worries and how you are really feeling at any time of the day or night, for issues like: self-harm, depression, anxiety, stress, eating disorders, bullying or suicidal feeling
Quit That!	Addiction	Quit That! is the perfect recovery tool to track and monitor your progress in sobriety for drugs, alcohol or smoking. Track as many vices as you want and find out how many minutes, hours, days, weeks, and years it’s been since you quit
Mind Shift	Anxiety	Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life and face challenging situations
CBT Thought Record Diary	Anxiety	Use to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.
eMoods	Bipolar Disorder	eMoods is a mood tracking app designed specifically for people with bipolar disorder. Users can then see their mood changes on a color-coded monthly calendar and even export a monthly summary report to identify specific triggers and better understand their fluctuating mood
Talkspace	Depression <i>*not a free app</i>	Talkspace makes having a therapist affordable. For a small cost, you can text message a trained professional as often as you need and receive responses daily. Other plans are also available including phone conversations and face-to-face virtual meetings
Happify	Depression	Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts
MoodTools	Depression	MoodTools aims to support people with clinical depression by aiding the path to recovery. Discover helpful videos that can improve your mood and behavior, log and analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more
RecoveryRecord	Eating Disorders	Keep a record of the meals you eat and how they make you feel using the app and complete questionnaires that’ll help you track your progress over time

Mental Wellness – Downloadable Cellphone Applications (con't)

APP NAME	CATEGORY	DESCRIPTION
Rise Up and Recover	Eating Disorders	Rise Up + Recover is a unique app as it not only allows you to track your meals and how you feel when you eat them, but you can also transcribe your progress into a PDF printout
Headspace	Mindfulness and Meditation <i>*free trial</i>	Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus
Calm	Mindfulness and Meditation <i>*free trial</i>	Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music.
nOCD	Obsessive-Compulsive Disorder	Called “a free therapist in your pocket,” you can receive immediate, clinically supported guidance when an OCD episode strikes, take weekly tests to assess the severity of your OCD, and have motivational support along the way
PTSD Coach	Post-Traumatic Stress Disorder	Created by the VA’s National Center for Post-Traumatic Stress Disorder (PTSD) , PTSD Coach offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. You can customize tools based on your own individual needs and preferences, & integrate your own contacts and more

Food Banks Covering Passaic County

PROGRAM NAME	ADDRESS	TELEPHONE #
St. Mary’s Food Pantry	22 Lakeside Avenue Pompton Lakes, NJ 07442	973-831-4442
New Hope Community Ministries	331 N 11st Street Prospect Park, NJ 07508	973-942-4059
CUMAC	223 Ellison Street Paterson, NJ 07505	973-742-5518
Center for Food Action	145 Carletondale Road Ringwood, NJ 07456	973-962-9001
St. Joseph’s Church	454 Germantown Road West Milford, NJ 07480	973-697-6100
Father English Food Pantry	435 Main Street Paterson, NJ 07501	973-279-7100 ext. 2018
Oasis (Meals, Baby needs)	59 Mill Street Paterson, NJ 07501	973-881-8307 <i>(Distribution Mon-Fri 10:00am-2:00pm)</i>

Passaic County Emergency Shelters

PROGRAM NAME	ADDRESS	TELEPHONE #
Eva's Village	393 Main Street Paterson, NJ 07501	973-523-6220
Volunteers of America	100 Scales Plaza Clifton, NJ 07013	973-777-0240
Volunteers of America	195 Gregory Avenue Passaic, NJ 07055	973-470-0039
Emergency Housing Service	555 Passaic Avenue, Suite #205 West Caldwell, NJ 07006	973-808-1220
St. Paul's Emergency Mens Shelter	456 Van Houten Street Paterson, NJ 07501	973-710-3900 ext. 422

Free Online Education (Webinars)

PROGRAM TITLE	WEB ADDRESS
Managing Coronavirus Anxiety: Tips and Strategies for Families	https://adaa.org/webinar/consumer/managing-coronavirus-anxiety-tips-and-strategies-families
Family Life in the Age of the Coronavirus	https://pepparentonline.org/p/family-life-with-coronavirus
Keeping Kids with ADHD in 'Study Mode' While Home from School	https://www.additudemag.com/webinar/coronavirus-homeschooling-parent-strategies/
How to Help Your Child Feel Less Anxious, More Capable and Stronger	https://adaa.org/webinar/consumer/how-help-your-child-feel-less-anxious-more-capable-and-stronger
Helping Kids and Teens Who Have OCD	https://adaa.org/webinar/consumer/helping-kids-and-teens-who-have-ocd
Health Anxiety – What is it and How You Can Overcome it	https://adaa.org/webinar/consumer/health-anxiety-what-it-and-how-you-can-overcome-it

Online Resources for Parents & Guardians

TITLE	WEB ADDRESS
Parents Anonymous of New Jersey – Family Helpline (24/7) 800-THE-KIDS (843-5437)	http://paofnj.org/
Ways to Promote Children’s Resilience to the COVID-19 Pandemic	https://www.childtrends.org/publications/ways-to-promote-childrens-resilience-to-the-covid-19-pandemic
Links to Frequently Updated COVID-19 Information	https://www.nihcm.org/categories/covid-19-resources
Coronavirus Resources from the National Health Law Program	https://healthlaw.org/coronavirus-resources/
Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease	https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019
Supporting Children’s Mental Health During the COVID-19 Pandemic	https://weillcornell.org/news/supporting-children%E2%80%99s-mental-health-during-the-covid-19-pandemic
Coronavirus Parenting: Managing Anger and Frustration	https://childmind.org/article/coronavirus-parenting-managing-anger-and-frustration/
Avoid Cabin Fever with These 125 Ideas to Keep Kids Entertained During Coronavirus Crisis	https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/
Bring Out the Best in Your Children	https://www.aap.org/en-us/Documents/ttb_bring_out_best.pdf
Helping Your Child Succeed in School	https://www2.ed.gov/parents/academic/help/succeed/index.html
Teen Health and Wellness Website	https://teenhealthandwellness.com
<i>VIDEO</i> : Progressive Muscle Relaxation for Kids	https://www.youtube.com/watch?v=cDKyRpW-Yuc
<i>VIDEO</i> : A to Z of Coping Strategies	https://youtu.be/5EXpkVw3fh0
<i>VIDEO</i> : 5 Simple Steps to Manage Your Anger (Kids & Adults)	https://youtu.be/DbpTohPUhMw

Care Plus NJ

Stay at Home Activities

DIGITAL ACTIVITIES

1. Online Courses

- **Coursera/Udemy**

Description: These courses on both websites are taught by top instructors from world-class universities and companies that range from beginner to advance difficulty, so that you can learn something new anytime and anywhere. Both Coursera and Udemy offer hundreds of free courses that give you access to video lectures, homework exercises, and community discussion forums. Individual will have to create a free account on either website to keep track of your progress.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free, \$)

-Coursera Link:

<https://www.coursera.org>

-Udemy Link:

<https://www.udemy.com>

2. Reading

- **Project Gutenberg**

Description: This is an online library that offers over 60,000 eBooks that are mostly composed of older literary works. No sign up necessary.

Activity Requirements: Must have access to WIFI, either a Kindle, eBook readers, smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Project Gutenberg Link:

https://www.gutenberg.org/wiki/Main_Page

- **Audible**

Description: Audible is the world's largest producer and provider of spoken-word entertainment and audiobooks, enriching the lives of our millions of listeners every day. Start with 30 days of free, plus one audiobook and a selection of Audible Originals to get you started. After the 30 free trial is up, you will have to pay \$14.95/month if you wish to continue to subscribe. You will get an email reminder seven days before your trial ends. No commitments cancel anytime.

Activity Requirements: Will have to create an Amazon account if you don't have one already. Must access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free, \$)

-Audible Link:

<https://www.audible.com>

3. Online Games/Fun Activities

- **Online Games**

Description: These are games/activities to play and enjoy with no login in or registration information required.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Chess Link:

<https://www.chess.com/play/computer>

-Checkers Link:

<https://cardgames.io/checkers/>

-Card Games (Solitaire, Gin Rummy) Link:

<https://cardgames.io/solitaire/> (Solitaire)

<https://cardgames.io/ginrummy/> (Gin Rummy)

-Yahtzee Link:

<https://cardgames.io/yahtzee/>

-Connect 4 Link:

<https://www.mathsisfun.com/games/connect4.html>

-Jigsaw Puzzles Link:

<https://www.jigsawexplorer.com> , <https://www.jigsawplanet.com>

-Tetris Link:

<https://tetris.com/play->

[tetris/?utm_source=flyout_button&utm_medium=web_button&utm_campaign=playNow_btm_flyout&utm_content=button_play_now_flyout](https://tetris.com/play-tetris/?utm_source=flyout_button&utm_medium=web_button&utm_campaign=playNow_btm_flyout&utm_content=button_play_now_flyout)

-Tic Tac Toe Link:

<https://gametable.org/games/tic-tac-toe/>

- **Virtual Museum's and Zoo's**

Description: These are virtual museum's and zoo activities to explore with no sign up required.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Virtual Tours:

-Smithsonian National Museum of Natural History Link:

<https://naturalhistory2.si.edu/vt3/NMNH/>

-National Museum of the United States Air Force Link:

<https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>

-Metropolitan Museum of Art Link:

[https://artsandculture.google.com/streetview/metropolitan-museum-of-art/KAFHmsOTE-](https://artsandculture.google.com/streetview/metropolitan-museum-of-art/KAFHmsOTE-4Xyw?hl=en&sv_lng=-)

[73.9624786&sv_lat=40.7803959&sv_h=335.0285349959785&sv_p=0.9453475127378823&sv_pid=KeFx8oXHzeuY8L5rfepHaA&sv_z=0.6253222631835358](https://artsandculture.google.com/streetview/metropolitan-museum-of-art/KAFHmsOTE-4Xyw?hl=en&sv_lng=-73.9624786&sv_lat=40.7803959&sv_h=335.0285349959785&sv_p=0.9453475127378823&sv_pid=KeFx8oXHzeuY8L5rfepHaA&sv_z=0.6253222631835358)

-Atlanta Zoo Panda Live Cam Link:

<https://zooatlanta.org/panda-cam/>

-Houston Zoo Live Cam Link:

<https://www.houstonzoo.org/explore/webcams/>

-San Diego Zoo Live Cam Link:

<https://kids.sandiegozoo.org/videos>

- **Online Broadway Shows**

Description: The Show Must Go On is a YouTube channel created by Andrew Lloyd Webber. This activity is calling on all musical lovers and anyone who is looking to see a show. A new musical is released every Friday at 2p.m. and are only available 48 hours after its initial release so make sure you catch it before it's gone.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desktop computer with a regular web browser.

Cost: (Free)

-Broadway Shows Link:

<https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag>

FITNESS ACTIVITIES

- **In Home Exercises**

Description: These are in home exercises designed to keep individuals up, active, and moving to create a healthier lifestyle. Can be done either standing up or sitting down.

Activity Requirements: Change into a comfortable t-shirt, pair of shorts or stretchy pants.

Cost: (Free)

In Home Exercising Precautions: Always warm up before doing exercise and cool down afterwards to lower the risk of strains and sprains; take appropriate breaks during the activity; do not exercise with an empty stomach. Eat something light to give you some stamina. Do not exercise immediately after a full meal because this will affect digestion; replenish extra fluids before, during and after physical activity, especially for prolonged exercise like hiking; listen to the body. Do not exercise when unwell. If there is any sort of pain or abnormal feelings with your body, stop the activity and seek medical advice as soon as possible. Physical activity carries risks as well as benefits. By engaging in these exercises, you agree that you do so at your own risk and assume all associated risk of injury. These exercises are not mandatory, they are just suggestions.

Recommendation: Make sure to listen and do what is best for your body. Form is more important than the amount of sets and reps you can do.

Exercises:

-Resistance Band Exercises Link:

<https://greatist.com/fitness/resistance-band-exercises#arms> ,

<https://www.womenshealthmag.com/fitness/g29565103/best-resistance-band-exercises/>

-Seated Chair Exercises Link:

<https://www.silversneakers.com/blog/total-body-chair-workout-for-older-adults/> ,

<https://www.youtube.com/watch?v=azv8eJgoGLk>

-30 Day Exercise Routine Link:

<https://www.nbcnews.com/better/lifestyle/30-day-strength-training-routine-no-equipment-required-ncna988936>

-Yoga Poses Link:

<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

-Lower Body Exercises Link:

<https://www.self.com/gallery/killer-legs-no-gear-required-slideshow> ,

<https://breakingmuscle.com/fitness/10-no-equipment-needed-exercises-for-strong-legs>

-Upper Body Exercises Link:

<https://www.fitnessblender.com/videos/no-equipment-upper-body-workout-for-great-arms-shoulders-and-upper-back> , <https://www.fitnessblender.com/videos/10-minute-no-equipment-upper-body-workout-complete-upper-body-workout-without-weights>

-Core Exercises Link:

<https://www.self.com/gallery/core-exercises-top-trainers-swear-by>

HANDS ON ACTIVITIES

1. Brain Games

- **Brain Games**

Description: These are some brain games to help sharpen thinking skills, Improve working memory, processing speed, planning skills, reaction time, and decision making skills. These brain games are **printable**.

Activity Requirements: Must have a writing utensil, and a printer to print out copies of brain games.

Cost: (Free)

-Word Searches Link:

<https://thewordsearch.com/printable/>

-Cross Words Link:

How to Access: Once you are brought to the website via clicking the link below, scroll down the page where you will see links of monthly crossword puzzles. Click on the link of your desire, and then you will be brought to a new page where you scroll down the page again. Once again, click on the specific crossword puzzle you wish to complete. It will then bring you to a PDF of the crossword puzzle for you to print.

<http://freedailycrosswords.com/printable-crossword-puzzles/>

-Sudoku Link:

<https://sudoku.cba.si/en/>

-Mazes Link:

<https://yofreesamples.com/mazes/>

2. Daily Affirmations

- **Daily Affirmations**

Description: “Daily affirmations are to the mind what exercise is to the body.”

This activity will allow the individual to keep their thoughts organized, improve their writing skills, set and achieve goals, record any ideas that come to their mind, relieve any stress, allow themselves to reflect, boost memory, and inspire creativity.

Activity Requirements: Have a writing utensil, a piece of paper or a notebook.

Cost: (Free)

-Daily Affirmations Link:

<https://www.jackcanfield.com/blog/practice-daily-affirmations/>

3. Magic Tricks

- **Magic Tricks**

Description: These are easy to learn magic trick tutorials that teach you step by step on how to perform them.

Activity Requirements: Must have a deck of playing cards.

Cost: (Free)

-Magic Tricks Tutorial Link:

<https://www.bustle.com/articles/55300-9-easy-card-tricks-that-will-make-you-look-like-basically-a-wizard-video>

ARTS AND CRAFTS

- **Coloring/Drawing Pages**

Description: Choose from many of the offered coloring pages. These coloring pages are **printable**.

Activity Requirements: Must have either crayon's, color pencils, or markers to draw.

-Coloring/Drawing Pages Link:

<https://www.justcolor.net> ,

<http://www.supercoloring.com>

- **Color/Paint by Numbers Prompts**

Description: Choose from many of the offered color/paint by numbers prompts. Follow the color scheme and watch the image come to life before your eyes. These color/paint by numbers prompts are **printable**.

Activity Requirements: Must have either crayon's, colored pencils, markers, or paint.

Cost: (Free)

-Paint by Numbers Link:

<https://coloringhome.com/free-printable-paint-by-numbers-for-adults>

- **Origami**

Description: For all skill levels, below you'll find instructions for 100+ easy to fold origami models. Find out how to fold origami via step by step photos. Follow the instructions and fold some origami today.

Activity Requirements: Must have either origami paper or standard computer paper

Cost: (Free)

-Origami Link:

<http://make-origami.com> ,

<https://www.origamiway.com/easy-origami.shtml>

- **Happy Color**

Description: Happy Color is a color by number game for adults. There are over 6,000 pictures from different categories to color.

Activity Requirements: Must have access to an Apple or Android smartphone or tablet. Must also have access to WIFI.

Cost: (Free)

Reminder: Happy Color is a color by number smartphone phone or tablet application.

How to Access: Go into the application store on your Apple or Android smartphone or tablet and type in "Happy Color." Once it appears, proceed to download it onto your advice. Once the application has downloaded, find it, open it, and begin to color by numbers.

VIRTUAL COMMUNICATION

- **Zoom**

Description: Zoom is a platform where an individual can join or host video and audio communication chats with family, relatives, and friends. Have access to unlimited

number of meetings, unlimited time for 1 on 1 meetings, and 40-minute limit for group meetings.

Activity Requirements: Will need to create a zoom account if you don't have one already. Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Zoom Link

<https://zoom.us>

- **FaceTime**

Description: Connect with family, relatives and friends who also have Apple devices from wherever you are. Make audio and video calls from any Apple device that you own.

Activity Requirement: Must own any Apple device and have access to WIFI.

Cost: (Free)

Reminder: This can only be accessed on an Apple device application only.

How to Access: When using your Apple device, find the FaceTime application, open up the application, make a call and start connecting with family, relatives, and friends who have an Apple device as well.

MUSIC

- **Spotify**

Description: "Music for everyone." Spotify is a digital music streaming service that gives you access to millions of songs from artist all around the world. You are also able to create your own playlist from the songs you choose.

Activity Requirements: Will need to create a Spotify account. Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Spotify Link:

<https://www.spotify.com/us/>

- **iHeartRadio**

Description: iHeartRadio is an all-in-one digital radio service that lets you find more than 1,900 Live Stations or create commercial-free, all-music Custom Stations featuring songs from the artist you select and similar music. You are also able to create your own playlist from the songs you choose. No sign up necessary.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-iHeartRadio Link:

<https://www.iheart.com>

- **Amazon Music**

Description: Amazon music allows you to listen to your favorite songs from popular stations, artists, and albums. You are also able to create your own playlist from the songs you choose.

Activity Requirements: Will need to create an Amazon account if you don't have one already. Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Amazon Music Link:
<https://music.amazon.com/home>

KIDS SECTION

- **Kids Home Activities**

Description: With over 100+ activities to choose from, these are ideas to keep kids occupied while at home. May be either hands on, electronical, or activities that are **printable**.

Activity Requirements: Must have the required items and supplies depending on the activity that the individual chooses to do.

Cost: (Free)

-Kids Home Activities Link:

<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/> ,
<https://momypoppins.com/family/coronavirus-pandemic-update-indoor-activities-resources-kids> ,
<https://www.forbes.com/sites/tarahaelle/2020/03/15/101-ideas-to-keep-your-kids-busy-during-coronavirus-closures/#6e6c3f2c74a4>

- **Michelle Obama PBS KIDS Read-Along**

Description: Every Monday at 12p.m., PBS KIDS YouTube channel posts a video of Michelle Obama reading classic picture books for kids to read along.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Michelle Obama Read-Along Series Link:

https://www.youtube.com/channel/UCrNnk0wFBnCS1awGjq_ijGQ

- **Liberty Science Center in the House**

Description: Liberty Science Center in the House is a place where you can conduct home experiments in the house, explore the world of Liberty Science Animals, find livestreams and movies to watch, and learn in depth about science and technology. Check out the page for updates and times of live streams, presentations, animal updates, and trivia.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Liberty Science Center Link:

<https://lsc.org/education/lsc-in-the-house>

- **Virtual Museum's and Zoo's**

Description: These are virtual museum's and zoo activities to explore with no sign up required.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-San Diego Zoo Live Cam Link:

<https://kids.sandiegozoo.org/videos>

-Reid Park Zoo Live Cam Link:

<http://reidparkzoo.org/cameras/elephant-cam/>

Metropolitan Museum of Art Met Kids Museum Link:
<https://www.metmuseum.org/art/online-features/metkids/>
-American Museum of. Natural History Link:
<https://www.amnh.org/explore/virtual-visits>

Back-to-School Transitions: Tips for Parents

Getting a new school year off to a good start can influence children's attitude, confidence, and performance both socially and academically. The transition from summer to school can be difficult for both children and parents. Even children who are eager to return to class must adjust to the greater levels of activity, structure, and, for some, pressures associated with school life.

The degree of adjustment depends on the child, but parents can help their children (and the rest of the family) manage the increased pace of life by planning ahead, being realistic, and maintaining a positive attitude. Here are a few suggestions to help ease the transition and promote a successful school experience.

BEFORE SCHOOL STARTS

Good physical and mental health. Be sure your children are in good physical and mental health. Schedule doctor and dental checkups early. Discuss any concerns you have over your children's emotional or psychological development with your pediatrician. Your doctor can help determine if your concerns are normal, age-appropriate issues or require further assessment. Your children will benefit if you can identify and begin addressing a potential issue before school starts.

Review all of the information. Review the material sent by the school as soon as it arrives. These packets include important information about your children's teachers, classroom, school supply requirements, sign-ups for after-school sports and activities, school calendar dates, bus transportation, health and emergency forms, and volunteer opportunities.

Mark your calendar. Make a note of important dates, especially back-to-school nights and parent-teacher conferences. This is especially important if you have children in more than one school and need to juggle obligations. Arrange for a babysitter now, if necessary.

Make multiple copies of your child's health and emergency information. Health forms are typically good for more than a year and can be used again for camps, extracurricular activities, and the following school year.

Buy school supplies early. Try to get the supplies as early as possible and fill the backpacks a week or two before school starts. Older children can help do this but make sure they use a checklist that you can review. Some teachers require specific supplies, so save receipts for items that you may need to return later.

Reestablish bedtime and mealtime routines at least 1 week before school starts. Prepare your children for this change by talking with them about the benefits of school routines in terms of not

becoming over tired or overwhelmed by school work and activities. Include pre-bedtime reading and household chores if these were suspended during the summer.

Turn off the TV. Encourage your children to play quiet games, do puzzles, flash cards, color, or read as early morning activities instead of watching television. This will help ease them back into the learning process and school routine. If possible, maintain this practice throughout the school year. Your children will arrive at school better prepared to learn each morning if they have engaged in less passive activities.

Visit school with your child. If your children are young or in new schools, schedule a school visit before classes begin. Meeting teachers and locating classrooms, locker, lunchroom, and so on will help ease anxieties and also allow your children to ask questions about the new environment. Call ahead to make sure the teachers will be available to introduce themselves.

Minimize clothes shopping woes. Buy only the essentials. Summer clothes are usually fine during the early fall, but be sure to have at least one pair of sturdy shoes. Check with your school to confirm dress code guidelines.

Designate and clear a place to do homework. Older children should have the option of studying in their room or a quiet area of the house. Younger children usually need an area set aside in the family room or kitchen to facilitate adult monitoring, supervision, and encouragement.

Select a spot to keep backpacks and lunch boxes. Designate a spot for your children to place their school belongings as well as a place to put important notices and information sent home for you to see. Explain that emptying their backpack each evening is part of their responsibility, even for young children.

Freeze a few easy dinners. It will be much easier on you if you have dinner prepared so that meal preparation will not add to household tensions during the first week of school.

THE FIRST WEEK

Clear your own schedule. To the extent possible, postpone business trips, volunteer meetings, and extra projects. You want to be free to help your children acclimate to the school routine and overcome the confusion or anxiety that many children experience at the start of a new school year.

Make lunches the night before school. Older children should help or make their own. Give them the option to buy lunch in school if they prefer and finances permit.

Set alarm clocks. Have school-age children set their own alarm clocks to get up in the morning. Praise them for prompt response to morning schedules and bus pickups.

Leave plenty of extra time. Make sure your children have plenty of time to get up, eat breakfast, and get to school. For very young children taking the bus, pin to their shirt or backpack an index card with pertinent information, including their teacher's name and bus number, as well as your daytime contact information.

Prepare for after school. Review with your children what to do if they get home after school and you are not there. Be very specific, particularly with young children. Put a note card in their backpack with the name(s) and number(s) of a neighbor who is home during the day as well as a number where you can be reached. If you have not already done so, have your children meet neighbor contacts to reaffirm the backup support personally.

Review your child's schoolbooks. Talk about what your children will be learning during the year. Share your enthusiasm for the subjects and your confidence in your children's ability to master the content. Reinforce the natural progression of the learning process that occurs over the school year. Learning skills take time and repetition. Encourage your children to be patient, attentive, and positive.

Send a brief note to your child's teacher. Let the teachers know that you are interested in getting regular feedback on how and what your children are doing in school. Be sure to attend back-to-school night and introduce yourself to the teachers. Find out how they like to communicate with parents (e.g., through notes, e-mail, or phone calls). Convey a sincere desire to be a partner with your children's teachers to enhance their learning experience.

Familiarize yourself with the other school professionals. Make an effort to find out who in the school or district can be a resource for you and your children. Learn their roles and how best to access their help if you need them. This can include the principal and front office personnel; school psychologist, counselor, and social worker; the reading specialist, speech therapist, and school nurse; and the after-school activities coordinator.

OVERCOMING ANXIETY

Let your children know you care. If your children are anxious about school, send personal notes in the lunch box or book bag. Reinforce the ability to cope. Children absorb their parent's anxiety, so model optimism and confidence for your child. Let your children know that it is natural to be a little nervous anytime you start something new but that they will be just fine once they become familiar with classmates, the teacher, and school routine.

Do not over react. If the first few days are a little rough, try not to over react. Young children in particular may experience separation anxiety or shyness initially but teachers are trained to help them adjust. If you drop them off, try not to linger. Reassure them that you love them, will think of them during the day, and will be back. Remain calm and positive.

Acknowledge anxiety over a bad experience the previous year. Children who had a difficult time academically or socially or were teased or bullied may be more fearful or reluctant to return to school. If you have not yet done so, share your children's concern with the school and confirm that the problem has been addressed. Reassure your children that the problem will not occur again in the new school year, and that you and the school are working together to prevent further issues. Reinforce your children's ability to cope. Give your children a few strategies to manage a difficult situation on their own. But encourage your children to tell you or the teacher if the problem persists. Maintain open lines of communication with the school.

Arrange play dates. Try to arrange get-togethers with some of your children's classmates before school starts and during the first weeks of schools to help them re-establish positive social relationships with peers.

Plan to volunteer in the classroom. If possible, plan to volunteer in the classroom at least periodically throughout the year. Doing so helps your children understand that school and family life are linked and that you care about the learning experience. Being in the classroom is also a good way to develop a relationship with your children's teachers and classmates, and to get firsthand exposure to the classroom environment and routine. Most teachers welcome occasional parent help, even if you cannot volunteer regularly.

EXTRACURRICULAR ACTIVITIES

Go for quality, not quantity. Your children will benefit most from one or two activities that are fun, reinforce social development, and teach new skills. Too much scheduled time can be stressful, especially for young children, and may make it harder to concentrate on schoolwork. Consider your family schedule and personal energy level when evaluating extracurricular activities. Multiple activities per child may be too much to manage, particularly if the activities have overlapping times, disparate locations, require your attendance, or disrupt the dinner hour. Select activities where you have someone with whom you can carpool. Even if you are available to drive most days, you will need backup sometimes. Choosing activities that occur on-site after school will also minimize driving. Find out from the school or teacher which days will be heavy homework or test study days and schedule extracurricular activities accordingly. If your children do not want to participate in regular, organized extracurricular activities, you may want to consider other options to help build interests and social skills. For example, check out the local library for monthly reading programs, find out if your local recreation or community center offers drop-in activities, or talk to other parents and schedule regular play dates with their children.

WHEN PROBLEMS ARISE

These recommendations can contribute to a positive and productive school experience for most children. Some children may exhibit more extreme opposition to or fear of school or may be coping with more specific learning or psychological difficulties. If your children demonstrate problems that seem extreme in nature or go on for an extended period, you may want to contact the school to set up an appointment to meet with your children's teachers and school psychologist. They may be able to offer direct or indirect support that will help identify and reduce the presenting problem. They may also suggest other resources within the school and the community to help you address the situation. While children can display a variety of behaviors, it is generally wise not to over-interpret those behaviors. More often than not, time and a few intervention strategies will remedy the problem. Most children are wonderfully resilient and, with your support and encouragement, will thrive throughout their school experience.

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