



General Resources during COVID-19 Pandemic for Educators and Parents as of May 2020

(I hope this may be of some sort of assistance during this Pandemic.

Please everyone take care and thank you essential/frontline workers for all of your services!)

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***If you would like to receive texts regarding updates and alerts as it relates to
COVID-19, please text "NJCOVID" to 898-211.***

Call-line:

Live assistance regarding COVID-19 information is available. To speak with a health care professional, call 1-800-962-1253 and for general information and resources for basic needs, dial 211.

NJ CARES COVID-19 Resources:

<https://www.njcares.gov/ohh/>

New Jersey COVID-19 Information Hub: Ask COVID questions here:

<https://covid19.nj.gov/>

NJSACC's COVID-19 (Coronavirus) Update:

<https://www.njsacc.org/about-njsacc/njsaccs-covid-19-coronavirus-update/>

Print-only materials are developed to support COVID-19 recommendations:

https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc&CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunication%2Ffactsheets.html

Centers for Disease Control and Prevention: How to protect yourself/ What to do if you are sick:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Healthcare professionals who would like to volunteer their services Registration:

https://manage.covid19.nj.gov/volunteer_home/registration/

Personal protective equipment (PPE) to donate:

<https://covid19.nj.gov/forms/ppereport>

Individuals who are undocumented or uninsured for COVID TESTING:

https://nj.gov/health/cd/documents/topics/NCOV/COVID-19_Resources_forUndocumented_and_UninsuredFactsheet.pdf

Response to COVID-19 Resource Guide

<https://spark.adobe.com/page/RGsc2cOndDyj8/>

Food Nutrition Service Actions to Respond to COVID-19:

<https://www.fns.usda.gov/disaster/pandemic/covid-19>

Daily tips for parenting during the crisis, via email:

<https://signup.e2ma.net/signup/1917784/1800565/>

Facebook Live video chats with expert clinicians (4:30pm M-F)

<https://www.facebook.com/ChildMindInstitute/live/>

How to Find a Telehealth Provider for Your Child:

<https://childmind.org/article/how-to-find-a-telehealth-provider-for-your-child/>

Family Caregiver Mental Health And COVID-19:

<https://screening.mhanational.org/screening-tools/depression?ref=CAN>

Local Food Pantry:

https://cfbnj.org/findfood?_ga=2.231157981.333064389.1584903824-181296563.1584903824

Childhood Grief:

-10 ways to Help a Grieving Child

<https://childrengrieve.org/resources/10-ways-to-help-a-grieving-child>

-Social Impact LIVE: Loss and Grief During the Coronavirus Pandemic

<https://www.youtube.com/watch?v=nVmQdQTJHW4&feature=youtu.be>

-When someone your child loves dies

<https://www.fredrogerscenter.org/wp-content/uploads/2019/07/exceladocument.pdf>

Parenting Tips during COVID pandemic:

Children's Reactions (Infants through Middle School children) to changes by COVID-19

<https://s3.amazonaws.com/bankstreet-wordpress/wp-content/uploads/2020/04/Hand-Out-for-Parents-%E2%80%93-Development-and-Covid19.pdf>

The COVID-19 Crisis can create feelings of isolation for all parents. MomsBloom, Inc. is now offering "virtual visits" - or phone calls and texts with trained MomsBloom volunteers - for all parents with young children. This will give you a chance to talk with a compassionate grown-up, and discuss any parenting challenges you are having. Sign up for a virtual support here:

https://momsbloom.org/support?fbclid=IwAR19UuSPOU_zpEhqEO6kOGR5zpXtNGramO04JT_wobJT_wVi3Nd_oHNkUKj8

Podcast: "The Brain Architects COVID-19 Special Edition: Creating Communities of Opportunity"

Article: How to Support Children (and Yourself) During the COVID-19 Outbreak

https://developingchild.harvard.edu/resources/how-to-support-children-and-yourself-during-the-covid-19-outbreak/?utm_source=announcement&utm_medium=email&utm_campaign=covid_podcast_3

Answering Your Young Child's Questions About Coronavirus:

<https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>

How To Talk To Kids About COVID-19:

https://blog.himama.com/how-to-talk-to-kids-about-covid19/?mkt_tok=eyJpIjoiWm1Fd09Ua3haaIk1WXpkbSIsInQiOiIrb2k3VzBmakVUemImSIRNU2pEdXBnY3pMNm5RWUtcL0MwNTFQU2J2c

[k5VQ0RuSIZyUUh0T09TbHdpa05aSW1zUGh6Tm9sUHNiZStSWW94dm5BeUtPaTB2REVGZGRXdFgxVzBkc1ICVXZud2psU2hsVIVETDVsaVNpWXV1b24wcXAifQ%3D%3D](http://www.communityplaythings.com/resources/articles/2020/coping-with-challenging-behavior-during-challenging-times)

Coping with Challenging Behavior during Challenging Times:

<http://www.communityplaythings.com/resources/articles/2020/coping-with-challenging-behavior-during-challenging-times>

Care For Your Coronavirus Anxiety:

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

Partnering with Families to Improve Economic Stability During and After COVID-19:

<http://hsicc.cmail20.com/t/ViewEmail/j/A2F10186ABE422C42540EF23F30FEDED/79A087682734D8FDF6A1C87C670A6B9F>

What is a Dental Emergency?

https://www.ada.org/~media/CPS/Files/COVID/ADA_DentalEmerg_Patient_Flyer.pdf

Census:

<https://patersoncounts.org/for-kids/>

ASQ Parent Activities:

https://agesandstages.com/free-resources/resources/?j=4428152&sfmc_sub=619525442&l=2577_HTML&u=90858757&mid=7004326&jb=0&utm_medium=email&utm_source=exacttarget&utm_campaign=20200507-ec-newsletter#/keyword=help%20them%20support%20their%20child

In-Home Activities:

Coronavirus Resources For Childcare Centers, Teachers & Parents:

<https://www.himama.com/resources/coronavirus-tips-daycare-closure>

-Free access to children's books online:

<https://s3.amazonaws.com/bankstreet-wordpress/wp-content/uploads/2020/04/ERP-Recommended-Resources-Updated.pdf>

- Internet Archive is a non-profit library of millions of free books, movies, software, music, websites, and more:

<https://archive.org/>

-Socio-emotional activities:

<https://s3.amazonaws.com/bankstreet-wordpress/wp-content/uploads/2020/04/Salient-Themes-from-a-Developmental-Perspective.pdf>

Children's Mental Health Workbook:

<https://files.constantcontact.com/06727cb1401/b920706c-8542-40ed-b90c-15317445c01e.pdf>

PebbleGo is a curricular content hub specifically designed for K-3 students:

<https://www.pebblego.com/free-pebblego-capstone-interactive-access-school-closures>

10 Free Resources for National Children's Mental Health Awareness Day:

https://blog.brookespublishing.com/10-free-resources-for-national-childrens-mental-health-awareness-day/?j=4428152&sfmc_sub=619525442&l=2577_HTML&u=90858755&mid=7004326&jb=0&utm_medium=email&utm_source=exacttarget&utm_campaign=20200507-ec-newsletter

Free online learning activities

<https://sites.google.com/site/studentactivitiesonline>

Gryphon House Free Activities for Early Childhood Education & Development:

https://www.gryphonhouse.com/activities?utm_source=bm23&utm_medium=email&utm_term=FREE+ACTIVITIES&utm_content=Mother%E2%80%99s+Day+crafts+kids+can+make+at+home!%3F%3F&utm_campaign=GH+Email+5/7&_bta_tid=22487945445476400906671210543457276978442558077589775571502602107870836106707420079328304873763057359929&_bta_c=12fyy6jnefu683e281a9ai789n68q

Free, world-class education:

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

Practice Improvement Tools-Practice Guides for Families:

<https://ectacenter.org/decrp/type-pgfamily.asp>

Free video calls weekly so students can play games with other kids:

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

Online support groups/remote learning on many different topics from AA to employment wellness to student stress:

<https://www.mhanj.org/virtual-support-and-learning-opportunities/>

Partnership for Maternal & Child Health of Northern New Jersey Support Groups:
<http://partnershipmch.org/programs/>

Digital Nutrition Resources for Kids:
<https://www.fns.usda.gov/tn/digital-nutrition-resources-kids>

Free 2020 Leadership & Learning Webinar Series:
https://www.cdacouncil.org/storage/documents/Leadership_and_Learning_Webinar_Series_Digital_Catalog_050420.pdf

edWeb Free Webinars and CE Certificate:
<https://home.edweb.net/webinars/>

Early Childhood Investigations Free Webinars and CE Certificate:
<https://www.earlychildhoodwebinars.com/webinars/>

HiMama Early Childhood Education Blog Free Webinars:
<https://blog.himama.com/category/webinar/>

Neighborhood Express:
<https://neighborexpress.org/>

Tele Services and Hotlines:

The NJ Department of Human Services' Division of Mental Health and Addiction Services, in collaboration with the Division of the Deaf and Hard of Hearing, have opened a videophone helpline for individuals who are deaf and/or hard of hearing to access emotional support during the COVID-19 pandemic.

Sign language users are able to communicate directly with state partners at ACCESS, of St. Joseph's Healthcare System in Paterson. Individuals who are deaf and/or hard of hearing can call 973-870-0677 VP, Monday through Friday from 9:00 am to 5:00 pm.

Postpartum Support International toll-free Help Line, in English and Spanish, refers callers to appropriate local resources: 1-800-944-4773 or text 1-503-894-9453 (English) or 1-971-420-0294 (Spanish) www.postpartum.net

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Their expert clinicians can do telehealth evaluations and treatment for ADHD, mood disorders, anxiety disorders, autism spectrum disorders and learning disorders. Click here to request a remote appointment and learn more. <https://childmind.org/our-care/request-appointment/>

Access Services with PerformCare is available 24 hours a day, seven days a week. They continue to link youth and families to needed services that include Mobile Response and Stabilization Services as well as Care Management Organization Services. 877-652-7624 <http://www.performcarenj.org/index.aspx>

Ron Shuali-Educator/Speaker/Trainer:

FREE parent coaching call on Zoom Wednesdays at 7pm, the link is:

<https://us04web.zoom.us/j/9959139209?pwd=VVAvbEtFR3BrTWZKY2RXNUZzSkwzQT09> and the meeting ID code is 995 913 9209

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

NJ Mental Health Cares 1-866-202-HELP (4357)

COVID-19: Mental Health Support is Available — Talk to Professionals for Free

- NJ Mental Health Hotline: 1-866-202-4357
- Crisis Text Line: text “NJ” to 741741
- Family Helpline: 1-800-843-5437
- Domestic Violence Hotline: 1-800-572-7233

National Suicide Prevention Lifeline, 800-273-8255, suicidepreventionlifeline.org

- DBSA (Depression, Bipolar Support Alliance), 800-826-3632, www.dbsalliance.org
- NAMI NJ (National Alliance on Mental Illness – NJ), www.naminj.org/
- National Hopeline Network – 800-784-2433
- NJMentalHealthCares Line – 866-202-HELP (4357)
- The Mental Health Directory organized by program type:
www.nj.gov/humanservices/dmhas/home/hotlines/MH_Dir_COMPLETE.pdf

· The Substance Use Treatment Directory, searchable by the type of treatment needed:
<https://njsams.rutgers.edu/TreatmentDirectory/License>

Out of state resources which still benefits us:

**ABRIENDO PUERTAS NATIONAL: Tackling Coronavirus (COVID-19) Together:
RESOURCES FOR FAMILIES:**

<https://ap-od.org/2020/03/20/tackling-coronavirus-covid-19-together-resources-for-families/>

First 5 LA: COVID-19 Tips & Resources for Families with Young Children

<https://www.first5la.org/parenting/articles/tips-for-families-with-young-children/>