



Family Resources and Activities

Staying active during COVID-19

To help keep patients and families feeling connected during this time, we're providing helpful resources and activities.

Supporting Mental Wellness and Family Life

- [The Child Development and Parenting](#) site provides resources on how to share information with the children and teens in your life in a way that helps prevent too much worry.
- [The Art Therapy](#) site has videos for you and your child to watch and learn how to create drawings, paintings, and collages.
- [The Seattle Children's Teachers](#) have handouts on at-home learning tips for parents to help when you or your child are feeling stuck learning or teaching. These handouts cover early education, upper elementary/middle school and high school resources.
- [The Child Mind Institute](#) has resources include daily email tips for parenting during the crisis, twice-daily Facebook Live video chats with expert clinicians, consultations, and many more resources for parents.
- [The Department of Health](#) has resources to help children cope with stress during this time.
- [The World Health Organization](#) has a handout with clear and simple tips for reassuring and supporting your child.

Supporting structure and learning in your family's day

- [Common Sense Media](#) has links to the education resources, art and music lessons, virtual tours, storytimes, and so much more. There are lists of recommended apps and games that can be sorted by age group.
- [Seattle Schools](#) has information on meals for students, learning resources, special education FAQ, childcare sites, and more. Check with your school district or school for information in your area.

For parents and caregivers

- "The podcast Once Upon A Gene" is hosted by a local Medical Mom (Effie Parks). Effie invites other medical families, nonprofit leaders

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and providers to talk about their kids or medical specialties. It's light and hopeful and, for me, therapeutic to hear stories from other families. It's a good way to spend down-time decompressing." (Find it on your preferred podcast platform.)

- [The Fathers' Network](#) has moved their parent support group meetings online during the COVID-19 crisis.
- [Ivy League schools](#) have made nearly 500 online courses free to keep individuals occupied while stuck indoors. The online courses include subjects in mathematics, programming, personal development, education and more.
- Amazon's Kindle is offering two free months to its unlimited eBook service for new users.
- Check your smartphone app store for these mindfulness apps recommended by many Family Advisors. All include a free version:
 - Calm
 - Headspace
 - Gratitude

Art & music

- [Davinci Initiative](#) has K-12 Visual Art Lessons focusing on the language of Drawing and Painting.
- [Kenney-Center](#) provides an online drawing class every day with author and illustrator Mo Willems.
- [Poisson Rouge](#) has coloring pages and activities for children all ages.

Education & reading

- Free Ebooks you can read online from any computer, laptop or phone:
 - [Classicly young readers collection](#).
 - [Goodreads](#) free ebooks for young adults.
 - [ManyBooks](#) for young readers.
 - [Library of Congress](#) for teens.
 - [King County Library System](#) for all ages.
- [Scholastic magazines](#) resources for home schooling.
- [Mystery-Science](#) has free mini-science lessons for parents and families.
- [Khan Academy](#).
- [Audible](#) offers a free collection of audio stories for children.
- Free teen writing workshops
 - [Clarion West](#)
 - [Huge House](#)
- [PBS Kids](#).
- [Adventure Academy](#) for children ages 8 to 13.
- [ABCmouse](#) for children ages 2 to 7.
- [The Spanish Experiment](#) has books in Spanish read aloud.
- [Storyline Online](#) has books in English read aloud by famous actors.

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To Learn More

- Family Resource Center
206-987-2201
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Wellness (movement and mindfulness)

- [YMCA](#) is offering a selection of free exercise classes online.
- [Go Noodle](#) has different types of videos for kids, including some to get energized and others to calm down.
- [Seattle Public Library](#) and [King County Library](#) offer access to video resources that include exercise-related videos like dancing, yoga, and cardio sessions. You need a valid Library Card for access to these resources.
- [Cosmic Kids](#) offers yoga.
- [Mindful Powers for Kids](#) has tools to help children in early and middle childhood build a healthier relationship with life, stress, and anxiety.

Virtual tours

- [The Cincinnati Zoo](#) offers a virtual safari tour.
- [Star Atlas](#) offer a planetarium tour for families interested in space.

Disclaimer: The inclusion of any Web site link, or resource accessed through a link, does not imply endorsement by Seattle Children's. Please seek the advice of your healthcare provider before you act or rely upon any information from these resources.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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