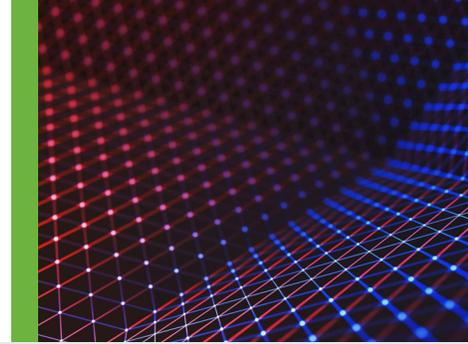




# Resource Guide



MARCH 2020

## Resources for Parents and Those Working With Parents Dealing With Coronavirus

*The American Lawyer* recently published an article titled “Homebound by Coronavirus, Lawyer-Parents Bear Extra Burden,” which is attached to this email. During this coronavirus pandemic, parents are not only having to navigate the unknowns of working remotely but also the unknowns of parenting and teaching while working remotely. While this is a burden that every parent is now bearing, the article notes that for mothers in particular the demands of remote working can be “intense.” The article states, “[A]s studies show that child-rearing and household duties fall mostly to women, female attorneys with kids are disproportionately affected when law firms expect the same schedule when [those attorneys are] working from home.”

In addition, all of us now have to navigate the unknowns of how to work with parents who have this extra burden. Many parents are both trying to come up with new schedules to juggle their child-care responsibilities and working remotely—such as working nontraditional hours when children are sleeping or when a spouse or relative can watch the children. While parents are learning how to juggle these responsibilities, we have to be aware of these extra challenges and how parents are trying to cope with them.

Loeb understands that all of us are dealing with this “new normal.” Parents – both male and female – are struggling with balancing the responsibilities of working from home, parenting and now teaching their children. Colleagues of parents need to understand parents’ struggles in order to support them through this time. Therefore, we have compiled a list of free online resources to help not only parents but also people working with parents.

### Resources for People Working With Parents During Coronavirus

- **The American Lawyer** – An article titled “Homebound by Coronavirus, Lawyer-Parents Bear Extra Burden.” Click [here](#).
- **BuzzFeed** – An article titled “Here’s What Parents Dealing With Coronavirus Isolation Want You To Know.” Click [here](#).

### Resources for Entertaining Your Kids (Any Age)

- **Audible** – Audible is providing free streams on a select number of children’s stories across six languages to keep kids “dreaming, learning and just being kids.” The books are separated into six categories: Little Listeners, Elementary, Tween, Teen, Literary Classics, and Folk & Fairy Tales for All. Click [here](#).

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- **Google Arts and Culture** – Many of the world’s largest and best museums have closed to encourage social distancing. You can tour the collections of more than 1,200 museums online through the Google Arts and Culture catalog. Start with its top 10 virtual museum tours list, or just browse through the online catalog for top children’s museums, or favorite periods or artists. Click [here](#).
- **Playbill.com** – From *Newsies* to *Sweeney Todd*, Playbill is running down some of the best filmed Broadway shows and letting you know where you can stream them. Click [here](#).
- **Mystery Science** – Mystery Science has opened up its most popular science lessons for easy remote learning during the coronavirus crisis. Topics range from weather to who invented pizza. Head to your child’s grade level for age-appropriate learning. Click [here](#).
- **DIY.org** – Kids can watch videos and learn how to make something all on their own with DIY.org. Older kids will love creating their own videos to upload and share on the platform. A free 14-day trial is available. Click [here](#).

### Resources for Entertaining Your Preschool-Age Kids

- **Starfall.com** – This bright and colorful website will appeal to preschoolers and those in their early elementary years, from pre-K through third grade. The activities are easy to find and arranged by discipline, season or curricular topic. Click [here](#).
- **The Cat in the Hat Invents** – Everyone’s favorite cat is the star of this STEM-based application that challenges kids to be engineers and problem-solvers. Click [here](#).
- **Cool Math Games** – This site offers tons of games that incorporate math into the strategy, from virtual chess to more video game–like math games. Search by skill, or take a break with some math trivia. Click [here](#).
- **National Geographic Kids** – Explore the world through games and videos on National Geographic Kids. Take a quiz about Mars, or explore current topics like Kids vs. Plastic. Click [here](#).
- **Cosmic Kids Yoga** – The Cosmic Kids YouTube channel will get your kids moving for a little post- or pre-study yoga break. Kids follow the poses that also help tell a story in these short (roughly 10-to-15-minute) yoga sessions. (It also streams on Prime Video.) Click [here](#).
- **Rivet** – Rivet is a free reading app that has over 3,500 leveled books for kids. Click [here](#).

### Resources for Entertaining Your Elementary School Kids

- **Wow in the World** – Wow in the World is a podcast for curious kids and their grown-ups, brought to you by the folks at Tinkercast. These 20-to-30-minute episodes investigate factual real-world stories. Elementary School Online Education Options. Click [here](#).
- **BrainPop** – BrainPop is a collection of short cartoons on different academic topics like science and social studies. BrainPop has made some of its videos free during the coronavirus outbreak. Click [here](#).
- **Minecraft: Education Edition** – Minecraft: Education Edition is so much more than “just a game.” This learning platform promotes creativity, collaboration and problem-solving. Click [here](#).
- **Scratch** – Program your own interactive stories with Scratch. This learning tool develops important skills like problem-solving, creative thinking and collaboration. Click [here](#).

## Resources for Entertaining Your High School Kids

- **Ken Burns in the Classroom** – Ken Burns has been making historical documentaries for nearly half a century. These thoughtfully developed lesson plans truly bring history to life. Click [here](#).
- **TED Talks** – Watch a thought-provoking TED Talk on just about any device. Click [here](#).

## Resources for Home-Schooling and Teaching Your Kids During Coronavirus

- **Khan Academy** – Khan Academy is providing daily schedules for students ages 4 – 18 to keep them learning. Click [here](#).
- **Scholastic Learn at Home** – Scholastic has created a website with day-by-day projects to keep kids reading, thinking and growing. It has resources from pre-K to ninth grade. Click [here](#).
- **Code.org** – Since 2013, Code.org has been providing free online coding classes for students of all ages. Learn how to think like a programmer while completing online modules. Click [here](#).
- **Prodigy Math** – Sign up for a free account, and start playing these standards-based math activities. Click [here](#).

## Resources for Talking to Your Kids About Coronavirus

- **National Association of School Psychologists** – An article titled “Talking to Children About COVID-19.” Click [here](#).

## Resources Related to Wellness While Parenting During Coronavirus

- **The Washington Post** – An article titled “A Psychologist’s Science-Based Tips for Emotional Resilience During the Coronavirus Crisis.” Click [here](#).
- **Child Mind Institute** – The Child Mind Institute has support for parents who are struggling to balance work, child care and self-care. Its support resources include daily tips and Facebook Live video chats with expert clinicians. Click [here](#).

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