

# PARENT RESOURCES

• Helping Kids Cope with Covid-19 •



## Student Nutrition

- Many school districts are offering free, healthy meals to children ages 18 years and younger at various distribution sites. Please check your district homepage to see if this is offered, and the location and times in your area, if needed.
- Local foodbanks & community organizations are also helping families that need assistance (i.e. Central Texas Food Bank, The Caring Place of Georgetown, Reveal Resource Center of Cedar Park, Pflugerville Circle of Hope Community Center, SVDP Round Rock, Operation Liberty Hill)

## Technology

- AT&T – Offering open hotspots, unlimited data to existing customers, and \$10/month plans to low-income families.
- Charter – Free internet offer for two months for new K-12 & college student households.
- Comcast – Offering free Wi-Fi for two months to low-income families, plus all Xfinity hotspots are free to the public during this time.
- Spectrum – Offering 60 days of free internet service to new customers. Call 844-488-8395
- Sprint – Providing unlimited data to existing customers, and allowing all handsets to enable hotspots for 60 days at no extra charge.
- T-Mobile – Providing unlimited data to existing customers and allowing all handsets to enable hotspots for 60 days at no extra charge.
- Verizon – No special offers but following FCC to waive late fees/not disconnecting existing service.

## Reading & Learning

- Most public libraries are offering online library cards. Kids can have access to thousands of books, magazines, and audiobooks that are available through the public library system.
- Caroline Conquers Her Corona Fears (A kids coping and coloring book) <https://alliedhealth.lsuhscc.edu/clinics/docs/CarolineConquersHerCoronaFears31820.pdf>
- Just for Kids: A Comic exploring the New Coronavirus <https://knpr.org/npr/2020-02/just-kids-comic-exploring-new-coronavirus>
- The Yucky Bug by Julia Cook: (via YouTube)

## Useful Resources Websites

- Centers for Disease Control and Prevention ([www.cdc.org](http://www.cdc.org)) <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>
- PBS for Parents ([www.pbs.org](http://www.pbs.org)) <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- Child Mind Institute ([www.childmind.org](http://www.childmind.org)) <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- National Association of School Psychologists ([www.nasponline.org](http://www.nasponline.org)) <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- Mental Health America ([www.mhanational.org](http://www.mhanational.org)) <https://mhanational.org/covid19>



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