

## Information and Resources to Support Parents during Covid-19

### Co-Parenting during Covid-19

- Strategies for Separated Parents or Guardians: BC Society of Children and Youth:  
<https://www.scyofbc.org/wp-content/uploads/2020/04/Strategies-for-Separated-Parents-and-Guardians-Final-Draft.pdf>
- Co-parenting during Covid-19. Webinar by divorce coach and registered clinical counsellor, Shelley Behr, and mediator and lawyer, Rebecca Stanley:  
<https://www.youtube.com/watch?v=uzd-3Gbb230>
- Guidelines for Parenting During COVID-19 Health Crisis: Rise Women's Legal Centre:  
<https://womenslegalcentre.ca/wp-content/uploads/2020/04/Guidelines-for-Parenting-during-COVID-19-Health-Crisis-RiseWomensLegal-7Apr20.pdf>

### Childcare and Financial Support

- Affordable Child Care Benefit: <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit>
- How to access childcare
  - Provincial form <https://forms.gov.bc.ca/family-social-supports/child-care-for-essential-service-workers/>
  - City of Vancouver only form <https://www.wstcoast.org/>
- Further information about the childcare response to COVID-19 and to answer any questions, see: <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-response-covid-19/child-care-response-covid-19-parent>
- FAQs regarding the BC Government's [response](#) to supporting the Childcare Sector during COVID-19: [https://www2.gov.bc.ca/assets/gov/family-and-social-supports/covid-19/qa\\_child\\_care\\_sector.pdf](https://www2.gov.bc.ca/assets/gov/family-and-social-supports/covid-19/qa_child_care_sector.pdf)
- Easy to read financial support document from Bowinn Ma:  
<http://bowinnmamla.ca/covid19/supports/>

### Support with Parenting during Covid-19

- New Resource Pack: Positive Parenting in COVID-19 Isolation: End Violence Against Children:  
<https://www.end-violence.org/articles/new-resource-pack-positive-parenting-covid-19-isolation>
- Parents: it's ok if you're barely getting by right now: Huffington Post:  
<https://www.huffpost.com/.../parents-remote-learning-covid-19...>
- When a Child's Emotions Spike, How Can a Parent Find Their Best Self?: KQED:  
<https://www.kqed.org/mindshift/55708/when-a-childs-emotions-spike-how-can-a-parent-find-their-best-self>
- Screen Time in the Age of Coronavirus: Common Sense Media:  
<https://www.commonsensemedia.org/blog/screen-time-in-the-age-of-coronavirus>
- Parenting During Coronavirus: You Are Enough: PBS Kids:  
<https://www.pbs.org/parents/thrive/parenting-during-coronavirus-you-are-enough>

- 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>
- Kidshealth.org coronavirus resources for parents: [https://kidshealth.org/en/parents/?search=y&q=covid&datasource=kidshealth&lang=english&start=0&section=parents\\_teens\\_kids](https://kidshealth.org/en/parents/?search=y&q=covid&datasource=kidshealth&lang=english&start=0&section=parents_teens_kids)
- Child and Teen Caregiving During the Covid-19 Pandemic (Aboriginal Shelters of Ontario): <https://endvaw.ca/wp-content/uploads/2020/03/ASOO-COVID-Child-Caregiver-Tool-20Mar.pdf>
- BC Council for Families: Resources and Ideas to Support Parents and Families During the Covid-19 Pandemic: <https://www.bccf.ca/bccf/blog/covid-19-resources-for-families/>
- KidCare Canada parenting in a minute videos <https://kidcarecanada.org/playlists/parenting-advice-under-1-minute/>
- The Master Class by The Parenting Partner (a complimentary 5 session master class to increase children and families’ emotional intelligence – usually priced at \$297) <https://theparentingpartner.teachable.com/p/master-class-the-parenting-partner>
- BC Council for Children and Families Online Parent Education Courses: <https://www.bccf.ca/program/online-parenting-programs/>
- Tips from the Red Cross for families making the best of self-isolation: <https://www.redcross.ca/blog/2020/3/tips-to-help-families-cope-during-self-isolation-due-to-covid-19>
- Global News: How Parents are Getting through isolation without depending on screens: <https://globalnews.ca/news/6682923/keeping-kids-busy-amid-covid-19/>
- Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care <https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>

### Tips and Websites to help with Home Schooling

- Everywhere School: <https://everywhereschool.live>
- Wide Open School: <https://wideopenschool.org/>
- More Online Options for Students to Support Social, Emotional Well-Being: BC Gov News: <https://news.gov.bc.ca/releases/2020EDUC0029-000709>
- Online school: <https://www.openschool.bc.ca/keeplearning/> This includes a tips for learning from home, learning activities, resources and tips for staying healthy, including how to talk to children and youth about Covid-19, protecting our mental health and staying safe online.
- Sample Schedules for Kids Home from School during Coronavirus (Huffington Post): [https://www.huffingtonpost.ca/entry/sample-kids-home-schedule\\_ca\\_5e6e5904c5b6747ef11f12ce](https://www.huffingtonpost.ca/entry/sample-kids-home-schedule_ca_5e6e5904c5b6747ef11f12ce)
- Scholastic Learn at Home: <https://classroommagazines.scholastic.com/support/learnathome.html>
- Entire List of Education Companies Offering Free Subscriptions Due to Schools Closing: <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- Another List of Educational Free Websites: <https://www.facebook.com/learnincolor/photos/p.2804811532947901/2804811532947901/?type=1&theater>

- <http://scholastic.ca/>—Along with age appropriate information on Covid19, Scholastic has great activities and at-home teaching tools to keep your children entertained and learning!
- <https://www.gonoodle.com/>—A FREE treasure trove of silly dances, fun songs and calming yoga and breathing activities. You can either sign up on their website or search them on YouTube.
- 75+ Entertaining and Educational Activities for When You're Stuck Indoors: <https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html?fbclid=IwAR1LWNOFdn6xeN782eIW6wC8QxrK05mYhcfOhVxeiStG-wEUXYQuFF5RQ>

### Activities to do with Children and Youth

- Connected North At Home: <https://www.connectednorth.org/athome/>
- DIY Way to Meet a Child's Sensory Needs at Home: Edutopia: <https://www.edutopia.org/article/diy-ways-meet-childs-sensory-needs-home>
- 87 Family Activities to Help You Avoid Coronavirus Cabin Fever (Today's Parent): <https://www.todayparent.com/family/activities/fun-things-to-do-at-home/>
- Storytime and more online: <https://www.decoda.ca/read-all-about-lit/story-time-and-more-online/>
- Keeping Kids Active while Staying Indoors: <https://www.decoda.ca/read-all-about-lit/keeping-kids-active-while-staying-indoors/>
- Colouring Page by [Native North West](#): [http://www.nativenorthwest.com/HummingbirdHeart\\_ColouringPage.pdf](http://www.nativenorthwest.com/HummingbirdHeart_ColouringPage.pdf)
- Sesame Street in Communities <https://sesamestreetincommunities.org/> - items for parents and kids and for professionals on this site
- Common sense media: <https://www.common sense media.org/>

### Stress Reduction

- Regulating Through the Coronavirus - Free 2-part webinar series (Synergetic Play Therapy Institute): <https://learn.synergeticplaytherapy.com/>