



**Mount
Sinai**

PARENTING RESOURCES DURING COVID-19 AND BEYOND

- **[Children’s Advocacy Project of America \(Cap4Kids\)](https://cap4kids.org/)**
(<https://cap4kids.org/>)
Information about community resources (activity ideas and how to apply for benefits) to help improve the lives of children and their families
- **Generation NYC**
[Fun at for Teens and Young Adults at Home](https://growingupnyc.cityofnewyork.us/generationnyc/fun-at-home/)
(<https://growingupnyc.cityofnewyork.us/generationnyc/fun-at-home/>)
Ways for teens and young adults to enjoy staying at home and get help while keeping our communities safe – virtual activities and support are available online and by texting “Fun” to 97-743
- **[Global Health Living Foundation \(GHLF\)](https://www.ghlf.org/coronavirus-patient-support/)**
(<https://www.ghlf.org/coronavirus-patient-support/>)
For those living with chronic diseases and their families, information and resources and sign up for a free support program for life during COVID-19
- **[How to Home School during Coronavirus](https://www.nytimes.com/2020/03/20/parenting/home-school-coronavirus.html)**
(<https://www.nytimes.com/2020/03/20/parenting/home-school-coronavirus.html>)
The New York Times educator-author provides guidelines for structuring the at-home school day for various school age categories and links to related resources
- **[MOUNT SINAI PARENTING CENTER](https://parenting.mountsinai.org/)**
(<https://parenting.mountsinai.org/>)
Newborn discharge class and education for new parents, handouts, and videos on a range of topics from birth to five years of age
 - **[COVID-19 Resources](https://parenting.mountsinai.org/covid-19-resources/)**
(<https://parenting.mountsinai.org/covid-19-resources/>)
Information to help you care for your young child during COVID-19, including classes offered remotely via Zoom and a space for you to submit any questions you may have regarding parenting during this time
 - **[Strategies for Families of Children with Special Needs](https://parenting.mountsinai.org/blog/zoom-classes/#griefandloss)**
(<https://parenting.mountsinai.org/blog/zoom-classes/#griefandloss>)
 - **[Helping Children with Grief and Loss](https://parenting.mountsinai.org/blog/zoom-classes/#griefandloss)**
(<https://parenting.mountsinai.org/blog/zoom-classes/#griefandloss>)
- **[New York State Office of Mental Health](https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf)**
(<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>)
Free Crisis Counseling and tips to support parents to manage anxiety and other mental health concerns. Call 844-863-9314 for free and confidential emotional support

- **Ready Girl, NYC's Emergency Management Super Hero**
Video explanation of COVID-19 for children
 - [English](https://www.youtube.com/watch?v=vJ4yoFt7tC4) (https://www.youtube.com/watch?v=vJ4yoFt7tC4)
 - [Spanish subtitles](https://www.youtube.com/watch?v=b81pHnFs4PI) (https://www.youtube.com/watch?v=b81pHnFs4PI)
 - [Chinese subtitles](https://www.youtube.com/watch?v=LnNLRe1seKM) (https://www.youtube.com/watch?v=LnNLRe1seKM)
- **[Seedlings Group: Parenting during COVID-19](https://www.seedlingsgroup.com/resources)**
(https://www.seedlingsgroup.com/resources)
Educational activities, apps, podcasts, books, among other accessible activities for your children during this time
- **[United Hospital Fund- COVID-19 Parenting Resources](https://uhfnyc.org/our-work/initiatives/childrens-health/covid-19-parenting-resources/)**
(https://uhfnyc.org/our-work/initiatives/childrens-health/covid-19-parenting-resources/)
List of links to an array of resources that help parents discuss COVID-19 with their children

NYC Department of Education (DOE) & NYC Public Schools

- **Borrow Internet-enabled iPads**
For mandated home schooling during the coronavirus crisis, request a device for a NYC student from the DOE
 - **[To Request a Device Online](https://coronavirus.schools.nyc/RemoteLearningDevices)**
(https://coronavirus.schools.nyc/RemoteLearningDevices)
Include your contact information and indicate if you have access to a smartphone, a laptop, tablet, or computer, the internet, or none of the above
 - **To Request a Device by Phone**
If you are unable to submit your request for a device online, you can call 718-935-5100 and choose option 5
- **[DOE Remote Learning FAQ Sheet](https://drive.google.com/file/d/1_6pZAzRq_InrDyUq7IIBUDppRAPHuz3R/view)**
(https://drive.google.com/file/d/1_6pZAzRq_InrDyUq7IIBUDppRAPHuz3R/view)
Answers to questions about special education, English language learner instructions, remote learning checklists and more
 - **[Special Education Remote Instructions and Resources](https://www.schools.nyc.gov/learn-at-home/activities-for-students/diverse-learning-for-special-populations)**
(https://www.schools.nyc.gov/learn-at-home/activities-for-students/diverse-learning-for-special-populations)
 - **Special Education Remote Learning Plan**
The plan is developed for all students with IEPs by their special education teachers or staff with knowledge of the student, then shared and discussed with their families
- **[INCLUDEnyc](https://www.includenyc.org/)**
(https://www.includenyc.org/)
 - **[Resources](#)**, training, and information for New York City's young people with any disability, their families, and the professionals who support them
[Help line](#) for in-depth, one-to-one help and referral information
- **[Stories from Audible](https://stories.audible.com/start-listen)**
(https://stories.audible.com/start-listen)

As long as schools are closed, to help children dream and learn, they can stream these stories (free), including titles in six languages, on a computer, smartphone, or tablet

- **[NYC Regional Enrichment Centers](#)**

(<https://www.schools.nyc.gov/enrollment/enrollment-help/regional-enrichment-centers>)

As a first responder, medical worker, or essential service provider, learn how you can sign up your child to attend a Rec Center. Rec centers also provides meals to all NYC children, and remote learning for DOE students

- **Grief Guidebooks for Families & Children**

- **[Funerals in the Time of Pandemic](#)** - A guide for children and families

(<https://good-grief.org/wordpress/wp-content/themes/x-child/pdf/Children-Funerals-and-a-Pandemic.pdf>)

- **[National Alliance for Grieving Children](#)** - In support of children, teens, and families

(<https://indd.adobe.com/view/924b5436-fca0-4a15-901a-9233134766e4>)

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