

Family Education Sheet

Helpful Resources during COVID-19 Outbreak



Boston Children's Hospital

View more health education materials at
www.bostonchildrens.org/familyeducation

This document was created in collaboration by the Developmental Medicine Center and the Autism Spectrum Center at Boston Children's Hospital

**This list of resources is not exhaustive and are not limited to those with Autism Spectrum Disorder. For the most up-to-date information regarding specific subscriptions, please visit the websites directly. If you are still working with your child's ABA therapist or other support service, please collaborate with them on how to best utilize these tools.*

***If using Google Chrome, right-click and use the "Translate" option for more languages**

ABA/Behavior Resources

[New England ABA Academy](#)

Video series including setting up home routines and schedules. Must complete the FREE registration form. Voucher code: COVID-19 **(English only)**

[BMC Autism Program Parent Training: Everyday ABA](#)

Free 6-part online training module created by New England ABA and the Autism Program at BMC. Provides an overview of what ABA is and how to utilize principles of ABA in daily life. **(Automated Closed Captioning is available in many languages via YouTube)**

[Boardmaker](#)

Free 30-day trial, plus free Coronavirus resources **(certain resources available in English, Spanish, French, and Portuguese)**

[AFIRM: Supporting Individuals with Autism through Uncertain Times](#)

Article by Autism Focused Intervention Resources & Modules. **(Resources in Spanish, Italian, Mandarin, Arabic, Chinese, Japanese, Polish, Swedish, and Czech)**

[National Council on Severe Autism](#)

Resources and webinars on behaviors and support in the home. Webinar recordings can be found [here](#). **(English only)**

Educational Subscriptions/Activities

[Kids Activities Blog](#)

This site lists multiple free educational sites for families, free printable educational sheets, screen-free activities, virtual field trips, etc. **(English only)**

[Boardmaker](#)

Free 30-day trial, plus free Coronavirus resources **(certain resources available in English, Spanish, French, and Portuguese)**

[BrainPOP](#)

Free access for schools and families impacted by school closures. **(English, Spanish, and French)**

[TechLearning Resource Page](#)

List of educational resources available during the outbreak. **(English, some Spanish)**

Music

[Boston Symphony Orchestra: BSO At Home](#)

Weekly playlists curated by BSO Artistic Administrator, Anthony Fogg. Free listening. **(English only and instrumentals)**

[Chrome Music Lab](#)

Website that makes learning music more accessible through fun, hands-on experiments **(English only, Google Translate available)**

[SFSKids](#)

San Francisco Symphony; music, videos, and games. Adobe Flash required. **(English only)**

[New York Philharmonic KidZone](#)

Games and activities created by the NY Philharmonic Orchestra **(English only)**

[DSO Kids](#)

Dallas Symphony Orchestra website directed towards young musicians **(English and Spanish)**

[Daria Music](#)

Music videos and education about instruments from across the world **(English only)**

Reading

[Storyline Online](#)

Free videos featuring actors reading children's books aloud. **(English and Spanish)**

[Audible Kids](#)

Free trial available **(English, Spanish, Chinese, French, Portuguese)**

[Storytime from Space](#)

Astronauts reading children's books from space **(English, with some stories in Spanish and Japanese)**

[Free Children's Stories](#)

Free access to many children's books **(English, Spanish and Arabic)**

[Libby](#)

App created by Overdrive. Links to your public library card. **(library books available in many languages, including English, Spanish, and Arabic)**

[Massachusetts Public Library](#)

How to access free and educational resources through a public library. **(library books available in many languages, including English, Spanish, and Arabic)**

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[Boston Public Library eCard](#)

Available to all MA residents. **(library books available in many languages, including English, Spanish, and Arabic)**

Cooking/Family Meal Planning

[EatRight.org](#)

Academy of Nutrition & Dietetics, with resources surrounding healthy eating and other food-related resources during the outbreak and beyond. Downloadable handouts can be found [here](#). **(English, other languages using Google Translate option on Chrome)**

[The Kids Cook Monday](#)

Website with videos and recipes for kids to follow. Encourages family engagement in the kitchen. **(English)**

[Accessible Chef](#)

Collection of free visual recipes and other resources to help teach cooking skills to individuals with disabilities. **(English)**

[Chop Chop Family](#)

Dedicated to encouraging children and families to cook together **(English, magazine subscription available in English & Spanish)**

[Food Network Kids](#)

Access to recipes and videos to encourage kids to cook. **(Online closed captioning available in many languages)**

Virtual Field Trips

[Discovery Education](#)

Live or on demand, free. Companion guide provided with hands-on learning activities. Filter search results by subject area. **(English)**

[Adventures in Familyhood: 20 Virtual Field Trips](#)

Family run website with variety of resources. Virtual Field Trip page is linked listing a variety of museums, zoos, and aquariums that are hosting virtual field trips. **(site primarily in English with resources in a variety of languages)**

[Mental Floss: 12 World-Class Museums](#)

List of museums hosting virtual field trips. **(site primarily in English with resources in a variety of languages)**

[Google Arts & Culture](#)

Free virtual tours of museums and other locations across the world. **(English; Google Translate available in any language)**

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[Access Mars](#)

Google & NASA collaboration. 360 view of the surface of Mars. **(English; mostly visual)**

[Yellowstone National Park](#)

Virtual tour of Yellowstone's main attractions. As of 3/18/2020, Yellowstone is open but most facilities are closed. **(English & Spanish)**

[Live Cams](#)

Explore Education live cams of wildlife and environments across the world **(website is in English, videos do not require language)**

[Totally the Bomb: 33 National Park Tours You Can Take Virtually](#)

List of national park tours you can take virtually. **(English)**

Exercise/Movement

[GoNoodle](#)

Free movement and mindfulness videos and games for kids **(English)**

[YouTube Kids](#)

Variety of videos for kids, including exercise/movement based activities **(available in many languages via YouTube)**

[Exercise Buddy](#)

Visual exercise videos. Autism-friendly, but appropriate for everyone. 14-day free trial. **(English)**

[Down Dog App](#)

All apps are free until April 1st. Free student/teacher membership [here](#), K-12 and college, available until July 1st. **(English)**

[YMCA 360](#)

Variety of virtual classes for kids and adults **(English)**

[Fitness Blender Kids Workout](#)

25 minute free kids work out at home **(English)**

[Cleveland Inner City Ballet: Virtual Online Ballet Class](#)

FREE virtual ballet classes; recorded on Facebook Live. **(English)**

Coronavirus-Specific Resources

[BrainPOP: Coronavirus Resources](#)

Videos explaining what COVID-19 is, how to stay safe, and resources on how to remain calm. Available in English, Spanish, and French. Videos available for K+ or grade 3+. Free access available due to the COVID-19 outbreak. **(English, Spanish, and French)**

[Daniel Tiger: How to Talk to Your Kids About Coronavirus](#)

Suggestions for parents/caregivers on how to approach the topic of COVID-19 in an educational and calm way. Highlights specific episodes from Daniel Tiger and other PBS KIDS shows promoting healthy habits for children (including germs, hand-washing, and more). **(English, Spanish)**

[NASP: Talking to Children about COVID-19: A Parent Resource](#)

Document directed to parents about talking to their children about COVID-19 **(Main article in English, with related resources available in English and Spanish)**

[Live Science: Kids Guide to the New Coronavirus](#)

Article directed to kids on what COVID-19 is. PDF version [here](#). **(English)**

[Tips for handling work and kids during COVID-19 isolation](#)

Article directed towards caregivers on supervising children while working from home. Provides tips on managing stress and family conflict. **(English)**

[How You and Your Kids Can De-Stress During Coronavirus](#)

PBS KIDS article on managing stress with your children during the outbreak and beyond. **(English)**

[Autism Speaks: COVID-19 Information and Resources](#)

Information compiled by Autism Speaks to inform families and provide resources. **Non-English Resources available [here](#). (English, Hungarian, Spanish, Greek, Arabic, Korean, Vietnamese, Chinese, French, and Russian)**

[CDC: Stress and Coping during COVID-19](#)

Includes strategies and resources surrounding stress/anxiety management and other mental health concerns. **(English, Spanish, Korean, Vietnamese, Chinese)**

Parent Resources

[Tips for handling work and kids during COVID-19 isolation](#)

Article directed towards caregivers on supervising children while working from home. Provides tips on managing stress and family conflict. **(English)**

[How You and Your Kids Can De-Stress During Coronavirus](#)

PBS KIDS article on managing stress with your children during the outbreak and beyond. **(English)**

[CDC: Stress and Coping during COVID-19](#)

Includes strategies and resources surrounding stress/anxiety management and other mental health concerns. **(English, Spanish, Korean, Vietnamese, Chinese)**

[Tips from Michael Rich at Boston Children's Hospital for Parenting at Home](#)

Talking about parenting strategies while at home for COVID19 outbreak **(English, more info in Spanish)**

[Today Show: How to home-school during the coronavirus crisis with free resources](#)

Variety of resources for families. **(English)**

[UNICEF: 6 ways parents can support their kids through the coronavirus disease \(COVID-19\) outbreak](#)

Input from a psychologist on how to support your child through the emotions surrounding the outbreak **(English, Spanish, French, Chinese, Arabic)**

[Autism Insurance Resource Center: COVID-19 Resources](#)

AIRC's resource page for COVID-19 related information on services for individuals with autism **(English)**

Department of Education Resources

[Department of Elementary and Secondary Education \(DESE\)](#)

DESE's COVID-19 update page is updated frequently. Please visit their website directly for the most up-to-date information and guidance regarding school services. **(Available in any language via Google Translate at top)**

[DESE: Educational Resources for Students and Families](#)

List of resources and websites accessible to students and their families while at home **(Available in any language via Google Translate at top)**

[U.S. Department of Education: Coronavirus](#)

List of resources, at-home activities, and guidance when it comes to services **(English, Spanish, Chinese, Vietnamese, Korean, Tagalog, and Russian)**

Financial/Food Resources

[Internet Essentials: Comcast](#)

2 free months of internet for low income families **(English, Spanish, Arabic, Chinese, Russian, Somali)**

[Map of Boston Meal Sites for Children and Youth](#)

Maps and information for various food sites for Boston students while they're out of school. **(English)**

[Union Capital Boston Gift Card Program](#)

Providing \$150 gift cards to families in need (Greater Boston Area) while supplies last. Information is in both English and Spanish. Donations can be made [here](#). **(English and Spanish)**

[Feeding America: Find Your Local Food Bank](#)

List of local food banks by zip or state. **(English and Spanish)**

[FoodSource Hotline](#)

1-800-645-8333 or TTY: 1-800-377-1292

Connects families in need to referrals to food resources in their community, including SNAP referrals **(Translator service available for calls, including English, Spanish, and Arabic)**

Emotions/Mindfulness/Stress Management

Calm

Free app (with paid subscription available) focusing on mindful meditation. [This page](#) has a variety of resources, including activities for kids. **(Able to change app language in settings into English, German, French, Spanish, Korean, and Portuguese)**

Breeth

Meditation app, along with resources on meditation techniques. Resources for [Meditation for Kids](#), too. **(English)**

InsightTimer

Free app for sleep, anxiety and stress. [Meditation for Kids](#) available as well. **(Certain app functions available in English, Spanish, French, Brazilian Portuguese, German, Dutch, Japanese, and Russian)**

National Alliance for Grieving Children (NAGC): Responding to Change & Loss

Toolkit in support of children, teens, and families during times of crisis. **(English, German, Japanese, and French)**

Ten Percent Happier

App is a paid app, but they offer free talks on YouTube and other [Coronavirus Sanity Guide](#) is their free guide designed to support and promote calm amidst the chaos. Also offering free app access for healthcare workers **(English)**

Social Emotional Learning Packet (Teachers Pay Teachers)

Free digital download. 7 pages of activities available to print. Designed to encourage children to find calming activities to do at home. **(English)**

Soar with Wings

Resources for social emotional skills for school and life. Virtual Field Trip available to learn about emotional intelligence through the eyes of a peer. **(English)**

GoZen!

Program is NOT FREE (monthly subscription available). Focuses on teaching kids how to manage stress and anxiety. Free newsletters, brief videos, bog, and podcasts are available.

[Free Webinar: 6 Essential Skills to Transform Stress and Anxiety for Kids and Teens](#)

[Podcast: Dear Anxiety.](#) **(English)**

Smiling Mind

Free Australian-based app available promoting mindfulness techniques in home, at school, or at work. [Specific article](#) on COVID-19 anxiety and management of stress. **(English)**

Tips for handling work and kids during COVID-19 isolation

Article directed towards caregivers on supervising children while working from home. Provides tips on managing stress and family conflict. **(English)**

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Social Stories

[EasterSeals: "My Coronavirus Story"](#) **(English)**

[Autism Speaks: Getting Sick and Staying Healthy \(not COVID-19 specific\)](#) **(Certain stories in English, Hungarian, Korean, Greek, Spanish, and Arabic; additional COVID resources available in English, Vietnamese, Chinese, and Spanish)**

[Carol Gray: My Story About Pandemics and the Coronavirus](#) **(English)**

*Detailed; goes in depth into pandemics and what that might mean.

[Mind Heart: I am the Coronavirus](#)

[My School Is Closed](#) **(English)**