



Hillsboro Pediatric Clinic Resources

We have compiled some helpful resources, activities, and good reads for our patients and their families. We hope that you find these resources helpful during the COVID-19 pandemic. Please stay safe.

Activities:

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Easy to set up activities for young children:

<https://busytoddler.com/>

<https://sesamestreetincommunities.org/>

Coloring Pages based on library collections worldwide: <http://library.nyam.org/colorourcollections/>

Movement-based videos for kids:

<https://family.gonoodle.com/>

Ideas for activities:

<https://time.com/5803373/coronavirus-kids-at-home-activities/>

Free online guitar lessons for 3 months: www.fender.com

Podcasts for Kids:

- Brains On! <https://www.brainson.org>
- Fierce Girl <https://www.abc.net.au/radio/programs/fierce-girls/>
- Stories Podcast <http://storiespodcast.com>
- Circle Round <https://www.wbur.org/circleround>
- Planet Story Time <https://www.buzzsprout.com/568048>
- Story Pirates <https://www.storypirates.com>
- But Why? <https://www.vpr.org/programs/why-podcast-curious-kids#stream/0>
- A BIG list of podcasts for little kids ages 2-6:
<https://www.nytimes.com/2020/03/17/parenting/podcasts-for-kids.html?auth=link-dismiss-google1tap>

Virtual Tours of things:

- So many cultural sites, museums, spectacular natural wonders:
<https://artsandculture.google.com/>

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

<https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>

- Visit National Parks: <https://artsandculture.google.com/project/national-park-service>
- Live Video Streams from the Monterey Bay Aquarium: www.laughingsquid.com

Museums Tours:

- <https://www.guggenheim.org>
- Smithsonian National Museum of American History: <https://americanhistory.si.edu/exhibitions/online>
- Museum of Flight: <https://www.museumofflight.org/Explore-The-Museum/>
- National Women's History Museum: <https://www.womenshistory.org/womens-history/online-exhibits>
- Anne Frank House: <https://www.annefrank.org/en/museum/web-and-digital/>
- NASA: <https://www.nasa.gov>
- Smithsonian National Museum of African American History & Culture: <https://nmaahc.si.edu/explore/collection>
- United States Holocaust Memorial Museum: <https://www.ushmm.org/information/exhibitions/online-exhibitions>
- Louvre: <https://www.louvre.fr/en/visites-en-ligne>

Education:

<https://www.goodhousekeeping.com/life/parenting/g31677468/education-companies-offering-subscriptions/>

<https://www.wccs.org/e-books>

<https://www.sesameworkshop.org/press-room/press-releases/sesame-workshop-launches-caring-each-other-initiative-help-parents-and>

Lunch Doodles with Mo Willems:

<https://www.youtube.com/watch?v=RmziCPQv3y8>

Autism Speaks: How to handle school closures for your child

<https://www.autismspeaks.org/science-news/how-handle-school-closures-and-services-your-child-autism>

Educational Companies offering free subscriptions to kids:

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

For adults/parents: Guided Relaxation for Coronavirus

<https://www.duffthepsych.com/episode200/>

Articles for parents on how to talk to kids about COVID-19:

What to say to Help Kids Feel Calm When The World Feels Fragile

<https://www.heysigmund.com/help-kids-feel-calm/>

The Dougy Center: Grief During COVID-19

https://www.dougy.org/docs/Grief_during_COVID-19.pdf

Online Recovery Resources:

<http://news.streetroots.org/2020/03/19/drug-and-alcohol-recovery-time-isolation>

Journaling and Daily Questions to ask yourself and your loved ones:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today via social distancing?
3. What expectations of "normal" am I LETTING GO of today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?

6. What BEAUTY am I either creating, cultivating, or inviting in today?

Freebies:

Here is a list that was created of different companies offering freebies during school closures. Some are specific for teachers; others can work for parents as well: <http://amazingeducationalresources.com/>

Other resources to explore:

- [Ready Rosie](https://www.readyrosie.com/): Teaching strategies: <https://www.readyrosie.com/>
- [ReadWorks](https://www.readworks.org/): Information on reading comprehension: <https://www.readworks.org/>
- [FASTalk](https://www.surveymonkey.com/r/FASTalk_signup_STAND): Recommended by Stand for Children. It offers lessons to help children continue learning. Access to a cellphone is needed. Families receive weekly curriculum-aligned activities sent via text in their specified language. The activities are fun and easy for busy families to do anywhere: https://www.surveymonkey.com/r/FASTalk_signup_STAND
- [Kids Activities](https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR3VIbqJphR4tQ-yJXOPdirFlswnRfAvtRBHOixbcyuxbBCPfil3MyHuWpQ): List of educational companies offering free subscriptions during school closings: <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR3VIbqJphR4tQ-yJXOPdirFlswnRfAvtRBHOixbcyuxbBCPfil3MyHuWpQ>
- [TIES Evolutionary Biology](#): Lessons for middle and high school students
- [Ted-Ed](https://ed.ted.com/): Free interactive, video-based lessons: <https://ed.ted.com/>
- [ArtsEd Washington](https://artsed-washington.github.io/alic/): Visual arts activities by grade level: <https://artsed-washington.github.io/alic/>

Articles

Tips for parents dealing with pandemic related stress

<https://www.healio.com/pediatrics/practice-management/news/online/%7B31225513-8bfa-4a16-8e2d-d37e974dd925%7D/aap-offers-tips-for-parents-dealing-with-pandemic-related-stress>

Mourning When Forced Apart

<https://www.nydailynews.com/opinion/ny-oped-mourning-when-forced-apart-20200323-4o53w3l5fzgdpfalicmkfn2hsy-story.html>

Talking with Kids about Coronavirus:

<https://www.spencerdailyreporter.com/story/2677354.html>

Trauma Informed Response During Uncertain Times

<https://www.acesconnection.com/blog/trauma-informed-response-during-uncertain-times>

HUGE LIST of resources for social workers and therapists: free trainings, grief resources, information for immigrant families, communities with special needs, and self-care

<https://www.socialwork.career/2020/03/covid-19-resources-social-workers-therapists.html>

Hillsboro School District-Resource Request Form

<https://docs.google.com/forms/d/e/1FAIpQLSe4nHNpl47xM9HowvpVr14dRKj8lwtaM7rdBbLFEwota520hg/viewform>