

APRIL 2020

PARENTING THROUGH COVID-19

RESOURCE GUIDE

Adapted from MINNESOTA GUIDE FOR RESOURCES DURING COVID-19

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During this pandemic situation information is constantly changing. This guide is to serve as a resource only.

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ACTIVITIES

Activities to keeps families engaged and active.

100 Family Day Activities: This list of activities is helpful to give families ideas for activities to do together.

> <https://zenhabits.net/100-ways-to-have-fun-with-your-kids-for/>

BrainPop: This website gives you many different topics for learning while also having fun.

> <https://www.brainpop.com/>

Fun, Free Online Resources: These are some fun online activities to do while at home.

> <https://schoolchoiceweek.com/parent-resources-during-coronavirus/>

National Park Virtual Tours: The exhibit allows you to take 360 degree tours of some of the most remote and beautiful U.S. National Parks.

> <https://techcrunch.com/2016/08/25/google-now-lets-you-explore-u-s-national-parks-via-360-degree-virtual-tours/>

Ways to Entertain Children During a Pandemic: This gives 40 ideas of how to entertain your children during these uncertain times.

> <https://drginacharles.com/2020/03/40-ways-to-entertain-children-and-parents-during-covid-19-pandemic/?fbclid=IwAR03uyUEUVhOAvd-1441dKPuhSpF0dTjlpd681MH-FYs5n61o9-TTJcLg>

CONNECTING

Keep connected while social distancing.

Xfinity/Comcast: Low income homes can apply for 2 free months.

> https://www.internetessentials.com/covid19#undefined&all_Pricingandotherinfo

CenturyLink: Will waive fees and will not terminate customer's service for the next 60 days due to financial circumstances associated with COVID-19. They are also suspending data usage limits due to COVID-19.

> <https://news.centurylink.com/covid-19>

AT&T: is suspending the termination of wireless, home phone or broadband service when customers can't pay their bills because of coronavirus disruptions.

> <https://about.att.com/pages/COVID-19.html>

Verizon: is waiving late fees and suspending service termination.

> <https://www.verizon.com/about/news/update-verizon-serve-customers-covid-19>

T-Mobile: is providing unlimited data to all current customers who have plans with data for the next 60 days.

> <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>

Charter Spectrum: Students can get free broadband and Wi-Fi for 60 days with the installation fees waived. Low-income households without children may still be eligible for the Spectrum Internet Assist.

> <https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrumbroadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

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FINANCES

Potential sources of help if you're struggling to pay bills.

Assistance with Completing Financial Forms:

- > <https://www.co.wright.mn.us/223/Financial-Services>
- > Wright County Financial Services: 763-682-7414

Minnesota Family Investment Program: Cash and Food Assistance for Families with Children

- > <https://www.benefits.gov/benefit/1666>

Unemployment: Unemployment is available to individuals who are unable to work due to circumstances that were no fault of their own, including reasons related to COVID-19.

- > <https://www.uimn.org/applicants/index.jsp>

Utilities: Utility providers have suspended all disconnects. Check with your provider for assistance.

- > Xcel Energy
 - https://www.xcelenergy.com/covid-19_response
- > Minnesota Power
 - <https://www.mnpower.com/CustomerService/Covid19Updates>
- > CenterPoint Energy
 - <https://www.centerpointenergy.com/en-us/Corp/Pages/COVID-19.aspx>
- > Delano Municipal Utilities
 - <https://delanomn.us/>
- > Wright Hennepin Cooperative
 - <https://www.whe.org/>

Wright County Community Action:

- > https://www.wccaweb.com/Program/Energy_Assistance

FOOD RESOURCES

Ensuring your family is fed.

Food Shelves: There are food shelves in Annandale, Buffalo, Clearwater, Cokato, Delano, Elk River, Hanover, Monticello, Rockford, and Waverly.

Hunger Solutions is updating food shelf information daily on the Find Help Map.

> www.hungersolutions.org/find-help/

School Districts: Most school districts are providing free lunches and breakfasts to children 18 and under.

- > Annandale: Foodservice@isd876.org or call 320-274-0632
- > Buffalo-Hanover-Montrose: khinrich@bhmschools.org
- > Dassel-Cokato: 320-286-4105
- > Delano: kris.larson@delanoschools.org.
- > HLWW: foodservice@hlww.k12.mn.us or call 320-543-461
- > Maple Lake: see survey on district website
- > Monticello: businessoffice@monticello.k12.mn.us
- > Elk River/Otsego/Rogers/Zimmerman:
michelle.jones@isd728.org or call 763-241-3409.
- > Rockford: wyrowska@rockford.k12.mn.us.
- > STMA: 763-497-6537

Wright County Public Health: Updated information regarding farmers markets, grocery stores, food drops, etc.

> <http://www.co.wright.mn.us/948/Resources>

MENTAL HEALTH

Caring for mental health during a crisis.

CDC: This resource gives ideas and more links to managing anxiety and stress during this time.

> <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Crisis Textline: Text TALK to 741741

Mental Health Crisis Line: 320-253-5555

> <https://cmmhc.org/services/crisis-response-team/>

Minnesota Communities Caring for Children: They have resources for adaptation and resiliency on the home page of their website.

> <https://www.pcamn.org/>

NAMI: This resource is for updates on COVID-19 and resources for how to talk about it, get through it, and how to tell your kids about it.

> <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

Suicide Prevention Resource Center: This resource is for supporting mental health during this time.

> <http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>

> Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Wright County Public Health: Updated information about mental health services.

> <http://www.co.wright.mn.us/948/Resources>

PARENTING

Information on parenting through stressful times.

EDC: This resource is for how to stay connected and what resources you may need during this time.

> <https://www.edc.org/>

Isolation: This article is about how to take care of yourself during this time of isolation.

> <https://extension.umn.edu/news/taking-care-yourself-isolation>

New Resource Pack: Positive Parenting in COVID-19 Isolation: A new set of resources on positive parenting during the outbreak.

> <https://www.end-violence.org/articles/new-resource-pack-positive-parenting-covid-19-isolation>

Paid Leave: This article gives resources for how to acquire paid leave if you need to be home with your children.

> https://www.forbes.com/sites/zackfriedman/2020/03/19/trump-coronavirus-sick-leave/?fbclid=IwAR0jzrU-3Bf3z5MOXnxS3aQjGoBWtch3g2ZD_YOteggxyXayFdeV9CYzk3Q#2dece455f0ac

Prevent Child Abuse America: This resource offers tips for parents, children, and more.

> <https://preventchildabuse.org/coronavirus-resources/>

Working from Home: This resource is for those who are working from home, it also gives tips for how to provide for your mental health and well-being.

> <http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>

PHYSICAL HEALTH

Remember to take care of physical health at this time.

Insurance: This information can help you find an affordable health insurance plan.

> <https://www.healthinsurance.net/>

> www.mnsure.org

> Due to the disruption that COVID-19 has caused in the lives of Minnesota families, the MN Department of Human Services has currently ceased renewal and closure notices for Minnesotans on CHIP, Medical Assistance, and MinnesotaCare. Enrollment in the programs continues during the COVID-19 pandemic.

> A 30-day special enrollment period for MNSure has been introduced for those who qualify. This allows those who qualify, to sign up for health insurance coverage through MNSure, March 23 through Tuesday, April 21.

> Portico Healthnet: Guidance through the MNSure application and enrollment process

▪ <https://porticohealthnet.org/>

O.P.E.N.: This resource is offering free active at home physical activities.

> <https://openphysed.org/>

SHAPE America: This resource has created a collection of resources from SHAPE America and other K-12 health and physical educators.

> <https://www.shapeamerica.org/covid19-resources.aspx>

YMCA: The YMCA is launching free online classes for at home workouts! You do not need a membership for these videos.

> <https://ymca360.org>

TALKING WITH CHILDREN

Guidance in talking to children about COVID-19.

Centers for Disease Control and Prevention: Principles and facts to include in discussions.

> <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Germs: This video is an awesome way to teach children about germs and washing their hands.

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

Kids Health: This is a great tool to teach children about COVID

> <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Social Distancing: This is a great video for teaching kids about social distancing and why it is so important during this time.

> <https://youtu.be/fdwaUCEbhBk>