

Resources for Parents As We Attempt to Maintain Normalcy During this Complex Time of COVID-19

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It is vital for parents to find a new sense of normalcy during this time. Take time for family dinners, walks around the neighborhood, and family game nights. Our children are aware that bad things are happening, but remember they look to parents for how to respond. Try to include daily opportunities for your child to continue with practicing extracurricular activities at home, such as sport drills, dance strength training, musical instruments, etc. Take time for yourself to de-stress and re-organize. Here are some additional resources and a sample schedule to help you maintain some normalcy.



Daily Schedule

8 am	Wake Up/Breakfast
9 am	Morning Walk/Exercise
10 am	Academic Time
11 am	Creative Play
12 pm	Lunch
12:30 pm	Chores
1 pm	Quiet Time
2:30 pm	Snack/Academic Time
3:30 pm	Open Play
5:30 pm	Dinner
6:30 pm	TV/Screen Time
7:30 pm	Bath Time
8:30 pm	Book Time
9:00 pm	Bedtime

Wake Up/Breakfast

Eat breakfast, make your bed, get dressed, and brush your teeth.

Morning Walk/Exercise

Family walk, yoga, active games

Academic Time

Flashcards, study guides, school provided resources, see additional resources below

Creative Play

Legos, magnitiles, drawing, crafts, music, cooking, baking, dramatic play, etc

Chores

Assist with wiping down counters, laundry, sweeping, and vacuuming. Pick up rooms and playrooms.

Quiet Time

Reading, puzzles, nap

Snack/Academic Time

Snack and continue academic activities from earlier in the day

Open Play

Preferably outside if weather permits.

TV/Screen Time

This is a privilege time that can be earned throughout the day.

Additional Resources

Scholastic Learn at Home

classroommagazines.scholastic.com

Cincinnati Zoo Home Safari

<http://cincinnati-zoo.org/home-safari-resources/>

ABC Mouse

abcmouse.com use promo code **SCHOOL7771** to receive free access during school closures

Reading IQ

readingiq.com use promo code **SCHOOL7771** to receive free access during school closures

Adventure Academy

adventureacademy.com use promo code **SCHOOL7771** to receive free access during school closures

Additional Resources

Broadway Plays and Musicals

Expose your child to 15 plays and musicals you can view at home

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

Josh Gad (voice of Olaf) reads nightly children stories on his Twitter account using various voices. Guaranteed entertainment for adults and children alike.

[twitter.com](https://twitter.com/joshgad) and seach "Josh Gad". See article below.

<https://www.goodmorningamerica.com/culture/video/josh-gad-reading-books-kids-twitter-amid-coronavirus-69630010>