

## Resources mentioned in Parenting Success during COVID-19

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Tuesday, May 26<sup>th</sup> 2020

**[Challenge Success](#)** – advice from Stanford’s research-based program on child wellness and what families should prioritize during COVID-19

### Resources for Learning at Home

Examples of [daily schedules](#), [task blocking](#), [assignment planning](#) (for students needing more organizational structure)

[Pomodoro Timer](#) – online timer to manage productivity and breaks

[Habit RPG](#) – productivity app for tweens and teens that gamifies tasks

[Happy Kids Timer](#) app for daily tasks and organization for younger children

### Technology and Screentime

[Screenagers article on Digital Bingeing](#) – Is digital bingeing a problem?

[Clifford Sussman](#) (see his YouTube videos as well) – explanation of video games’ effects on the physiology of the brain

Tristan Harris’ TedTalk [How a handful of companies controls billions of minds](#)

[Psychology Today article](#) on how to recognize if a child or teen’s screen use becomes problematic

### Creating a meaningful summer for your child or teen

[Outschool](#)- over 15,000 small, affordable, and interactive group classes with wide variety of interests

[Brainchase](#)- a global treasure hunt for grades 2-8 reinforcing math and literacy skills

[Snapology](#) Online STEAM enrichment and socialization with free daily building challenges

[30 Days of Lego Play](#) – daily challenges for Lego lovers

[Explore.org](#) – Live animal cams from all over the world

[Virtual Art Camp](#) – small, supervised group projects with sliding scale fee if needed

[Virtual Sports Camps](#) by the National Academy of Athletics (football, basketball, martial arts, volleyball, baseball and soccer)

[Hamilton Education program for Home](#) – free program through August 2020 for Hamilton lovers

### Social Skills

[Game To Grow](#) - Online nonprofit gaming social skills groups (D&D, Minecraft, Magic: The Gathering)

[Social Thinking](#) Free social-emotional support strategies and resources

### Mental Health

[Mental Health Referral Service](#) – this service operated by Children’s Hospital will help you connect to appropriate resources in the community for mental health care for children and teens

[Mental Health Support Articles](#) for anxiety and depression by the Child Mind Institute

[Coping with the Stress of COVID-19](#) – CDC article

[Suicide Prevention](#) – Know the warning signs and symptoms

### Resources for Learning Differences

[Daily Schedule Advice for ADHD Families](#)

[COVID-19 Resources for ADHD/LD Students](#)

[Free Webinar](#) on how to keep ADHD kids in study mode at home