

# Meeting the Needs of Families

## Resources for Parents with Children out of School

Workplace closures have put pressure on millions of working parents to continue sparking and feeding their childrens' joy of learning. Our team of early childhood educators has developed a rich set of ready-for-use teaching guides to make the transition from center or preschool to home as easy and successful as possible, as well as quick access to other helpful tools and resources for families learning to live in the new "normal".

[Bright Horizons Family Resources for Life at Home](#) is a website developed to catalog some of this information for families.

### COVID-19 Resources for Families:

- Web page: [Details on COVID-19](#)
- Article: [How to talk to your child about COVID-19](#)
- Flyer: [Talking to Children About Cornovirus](#)

### Learn at Home Resources from Bright Horizons:

- [World at Home](#): Bright Horizons' new website designed to provide families with the tools, inspiration and structure to confidently create learning experiences at home; see [flyer](#).
- Document: [STEM Learning Starters](#)
- Document: [10 Ways to use a Cardboard Box](#)
- Document: [10 Ideas from your Kitchen Cupboard](#)
- Document: [Olly Pop Activity Starter – Learning about Germs and Illness](#)
- Blog: [World at Home](#)

### Learn at Home Resources from Third-Party Organizations:

- [Khan Academy: Free learning from home resources \(parents w children\)](#)

### Support for Children with Special Needs

- Web page: Visit the [torchlight website](#) for resources specific to supporting the needs of families with children who have special needs, including:

- eGuides on Coronavirus: What Parents and Families Need to Know, Coronavirus: Navigating a School or Daycare Closure, and Managing Your Anxiety During the Coronavirus Pandemic
- Supplemental tools: Suggested daily schedules, assigning chores, and tips for managing stress

### **Health & Safety Resources from Bright Horizons:**

- Document: [Meet Olly Pop the Bright Horizons Health and Safety Superhero](#)
- Document: [10 Ways to Get Moving](#)
- Podcast: [Teach. Play. Love. Episode 13: Building Healthy Habits Early](#)
- Podcast: [Teach. Play. Love. Episode 17: Building Health Habits Early – Part Two](#)
- Poster: [How to Wash your Hands](#)
- Poster: [Don't Spread Germs](#)
- Article: [Germs on the Move](#)
- Article: [Soap Saves the Day](#)
- Article: [Caught in the Act](#)

### **Selected Tips on Working from Home from Third-Party Organizations:**

- Web Page: [New to Working Remotely? These Resources Can Help](#)
- Web Page: [A Guide to Managing Your \(Newly\) Remote Workers](#)
- Web Page: [Leadership During Pandemic](#)
- Web Page: [Business Continuity Plans](#)
- External Link: [Epidemics, Pandemics, and Outbreaks](#)

### **Bright Horizons Webinar Series (Coming Soon):**

- Working from Home with Kids Home from School
- Every Parent is an Educator: Home School Tips
- Parenting in Uncertain Times: Managing Stress, Building Resilience, Tough Conversations

## Disruption to College Admissions Process

College Coach supports families facing uncertainty regarding COVID-19 and the potential impact on college learning, college financing and student aid, and admissions for next fall.

### Supports include:

- College Coach families can submit questions or set up in-person coaching sessions regarding COVID-19's impact on college planning, admissions, and anything else on their mind with our expert coaches.

### College Planning, Paying, and Admissions Resources from Bright Horizons:

- Video: [College Admissions Advice During COVID-19](#)
- Blog: [Preparing to Apply to College... from Home](#)
- Blog: [How To: The Remote College Visit](#)
- Blog: [President Suspends Student Loan Interest But There's A Catch](#)
- Blog: [Saving and Paying for College in an Economic Downturn](#)
- Blog: [Top Tips for College Interviews via Skype](#)
- Blog: [Coronavirus & College Admissions: Demonstrating Interest without Visiting Campus](#)

### College Planning Resources from Third-Party Organizations:

- [How Student-Athletes Can Cope With the Consequences of the Coronavirus \(COVID-19\) Pandemic](#)
- [Supporting High Schoolers in the Performing Arts](#)

### Mental Health Tips and Resources from Bright Horizons:

- Podcast: [Teach. Play. Love. Episode 7: Mindful Kids, Calmer Days](#)
- Podcast: [Work-Life Equation Podcast Episode 19: Mindfulness in 30 Seconds or Less](#)
- Podcast: [Teach. Play. Love. Parenting Advice for the Early Years Episode 19: Parenting Through Uncertainty](#)
- Article: [How to Help Kids Relieve Stress](#)
- [How to Cope with Stress: Stress Relief Strategies for the Whole Family](#)

### Mental Health Tips and Resources from Third-Party Organizations:

- Web Page: [Mental health experts offer counsel on staying calm during the coronavirus pandemic](#)

## Supporting Elder Relatives

Those individuals over the age of 65 are one of the most vulnerable populations during this outbreak. For those caring for an aging parent or loved one, we have put together a page of recommended resources and our Elder Care program has posted FAQs on the site under Resources for Families for access by active users.

We are setting up [a web page](#) (Coming Soon) to consolidate resources for families caring for elders, including:

### Elder Caregiving Guidance and References from the Center for Disease Control and Prevention (CDC):

- [Frequently asked questions about COVID-19](#)
- [If you are sick or caring for someone](#)
- [Steps to take to be prepared](#)
- [An overview of COVID-19 tracking](#)
- [Current data on US cases](#)
- [State Health Department Websites](#)
- [Elder Care Facility Recommendations](#)