CHILDREN'S HOME SOCIETY OF CALIFORNIA

Professional Development and Resources for Families

Children's Home Society of California (CHS) would like to share the following list of websites that offer guidance, resources, and professional development opportunities designed to support families, children, and caregivers. If you need additional resources, or are interested in attending a free CHS webinar, please do not hesitate to contact our Resource and Referral (R&R) program staff. A list of offices and contact information can be found on our website.

Click on the bookmark button on the left to view a list of the resources in this document by section. Click on a bookmark from the list to jump to a specific section. For assistance with these resources in a language other than English, please contact your Program Specialist or CHS office (Para asistencia con los recursos en español, por favor comuníquese con su Especialista de Programa o con su oficina local de CHS).

Early Learning and Education Program Resources from CHS

- The Children's Home Society of California (CHS) website provides a blog, parent newsletters, child care provider newsletters, and links to news and research. CHS also offers Family Education Program (FEP) materials which include brochures on child development and parenting, a *STEM brochure*, an *Activity Book* for children 5 to 12 years old, a character growth chart, a *Developmental Stages Wheel*, a *School Readiness Kit*, podcasts, and interactive online presentations. Additionally, there are Activity Sheets for learning at homefor parents and caregivers. There is also a community resources page for the following communities: Greater Long Beach Area, Orange County, San Diego County, Ventura County, Sutter County, Yolo County, and Yuba County. The website is available in English and Spanish, and many of the FEP materials are available in multiple languages.

- Contact the CHS Resource and Referral (R&R) Program in your area to learn about how the Child Care Initiative Project (CCIP) can provide free support in opening or reopening your family child care home business. Watch the Care Connect Grow video series to discover how the CCIP project works to strengthen family child care homes.

Health and safety guidance and resources

- The California Department of Public Health (CDPH) has current information, guidance, printable posters, and fact sheets about various health and safety topics available on their website. Public health guidance for K-12 schools and child care settings to mitigate the spread of communicable diseases can also be found on the CDPH website.

- The Centers for Disease Control and Prevention (CDC) provides a COVID-19 Parental Resources Kit and information about proper handwashing. You can find information about child development milestones, videos to explain child development, and a link to the free CDC Milestone Tracker app here.

- The State of California Safe Schools for All Hub provides information for parents and educators about safety guidelines for child care programs and K-12 schools. There is an option for parents to provide feedback or report schools that are not meeting safety requirements.

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- Licensed child care providers are required to follow the regulations in Title 22 and ongoing guidance from Community Care Licensing (CCL) issued through *Provider Information Notices* (PIN). The CCL website is updated frequently. Check the CCL website regularly and sign up to receive alerts.

- Healthychildren.org offers information about COVID-19 in English and Spanish. At the end of the article are a number of resources for families. This website also has information about child development, parenting, and learning disabilities.

- Abriendo Puertas/Opening Doors offers free videos, posters, and resources in English and Spanish to help families stay healthy and safe on their website.

Resources for the social and emotional wellbeing of families

- CalHope is a program providing free, safe, and confidential mental health support for young people and families across the state with two easy-to-use mobile apps. The BrightLife Kids app supports children ages newborn to twelve, and the Soluna app supports youth ages thirteen to twenty-five.

- The Children's Health offers five breathing exercises for kids in English and Spanish.

- The California Health and Human Services (CalHHS) website has a comprehensive list of mental health resources for youth.

- Anyone struggling with a crisis, mental health, or considering suicide can now dial or text 988 to receive immediate assistance from trained counselors seven days a week, twenty-four hours a day in English or Spanish. Click here to learn more.

- Visit the Administration for Children and Families website for information and resources about mental health and wellness.

- Orange County partners have created the RESET Toolbox website to offer free trainings and resources to build resilience.

- The California Parent and Youth Helpline offers parents emotional support and referrals. It is available daily from 8:00 a.m. to10:00 p.m. Parents can call or text (855) 427-2736, or chat online.

- The Find Your Words website offers information about mental health, how to talk about emotional wellbeing with children, and resources for finding help. The website is also available in Spanish. Text WORDS to 741-741 to reach their Crisis Text Line.

- Parents Anonymous is an evidence-based family strengthening program utilizing mutual support (the giving and receiving of help), parent leadership (seeking solutions and becoming empowered), and shared leadership® (working together) to achieve personal growth, improve family functioning and achieve parental resilience.

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- Sesame Street in Communities offers short workshops with videos and tips for supporting the social and emotional wellbeing and development of children.

- View resources for trauma responsive care for young children compiled by Natural Resources here.

- The Child Welfare Information Gateway has created a webpage for supporting your mental health during uncertain times, which offers links to resources and options for reporting abuse or requesting help.

- Discover resources for supporting the social and emotional well-being of children from the National Center for Pyramid Model Innovations.

- The Orange County Department of Education (OCDE) shares a Google Drive of Be Calm Practice Sessions for reducing stress and building resilience.

- The Los Angeles County Office of Education (LACOE) has created a free Google Drive called Relax, Recharge, and Reflect that offers a wide variety of activities and resources for reducing stress and promoting good mental health.

- Families experiencing the loss of loved ones may not be able to practice their traditions for burial and grief due to current COVID-19 restrictions. The National Association for the Education of Young Children (NAEYC) offers guidance for talking with children about death on their website. Visit your local library's website to look for the following books you can use to help your child and family process and work through feelings of grief and loss. These children's books are appropria-te for ages 3 and up and may be useful for having conversations about grief:

    - *Ida Always* by Caron Lewis and Charles Santoso (Story Video)
    - *Grandpa's Top Threes* by Wendy Meddour
    - *The Memory Box: A Book about Grief* by Joanna Rowland

- Find additional grief resources for coping with grief on the following websites:

    - University of California, San Francisco: Bereavement Resources and Services
    - Kidsgrief.org: Talking with Kids and Teens about Serious Illness, Dying and Death
    - Sesame Street: Helping Kids Grieve
    - National Alliance for Children's Grief: Grief Resource Library

- The National Child Traumatic Stress Network offers a free app families can download with IOS or Android systems called Help Kids Cope. The app offers parents, guardians, and caregivers tips and information for how to talk with children about disasters and offer them support.

- Zero to Three has a collection of resources for supporting the mental health of young children.

- View the California Surgeon General's free book on coping with stress during COVID-19 in multiple languages here.
- Mental Health America has a free Back to School Toolkit with information about working with teachers, maintaining social connections, coping with emotions, and handling tough situations. You will be asked for your name and email to access this resource.
- The Antelope Valley Union High School District has created an online Virtual Calming Room to help students cope with stress and other strong emotions.
- Learn about the wellbeing of children and families in the Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex (LGBTQI+) community and find resources for supporting their mental health on the National Alliance on Mental Illness (NAMI) website.
- The California Department of Education (CDE) has a Supporting LGBTQI+ Students resource page for educators and families.
- The Child Welfare Information Gateway website has resources to support LGBTQI+ children and youth in foster families. The National Alliance on Mental Illness (NAMI) website has resources to support the mental wellbeing of LGBTQI+ children and youth.
- The California Department of Health Care Services (DHCS) Mental Health Services Division (MHSD) administers a number of mental health programs for children and adults.
- Mindful Schools offers free mindfulness resources on their website, including simple exercises and guided practices to help children manage stress, build focus, and support social and emotional well-being.
- The Search Institute provides free resources and relationship-building tools to help families build strong connections and support children's social and emotional growth.
- The Center for Parenting Education offers free articles and resources on managing stress, supporting children's emotional development, and strengthening family relationships.

General resources to support families

- The California State Council on Developmental Disabilities website offers resources for self-advocacy and supported decision making which can help families get legal assistance and plan for the future of their child with special needs.
- The Centers for Disease Control and Prevention (CDC) website offers information about radon, and how to test for it in homes. High levels of radon in a home can lead to severe health issues.
- The National Eye Institute website offers information about eye health and where families can find free or low-cost vision screenings and programs.

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- Parents and child care providers can visit the California Universal Prekindergarten (UPK) website for information about UPK programs and requirements for children ages three and four.
- HealthyChildren.org offers information about creating a family plan for the safe and healthy use of media and screens. It includes an interactive form you can complete and print. The information is available in English and Spanish.
- Parents can find tips and checklists to prepare for children going back to school in the fall on the PBS Parents website.
- Learn about how to keep children safe during the summer months on the KidsHealth website.
- Click here to learn how to receive wireless emergency alerts in your county.
- Find open shelters during an emergency using this interactive map from the American Red Cross.
- California has launched the California Kids Investment and Development Savings Program (CalKIDS) to help families start saving today for their child's college tuition or career training in the future. Visit the website to learn more and see if you qualify.
- The National Center for Children's Vision and Eye Health has a quick guide in English and Spanish for what parents need to know about supporting the development of healthy vision.
- Understood.org offers live chats and other resources for supporting the learning and development of children with special needs. There are also Spanish resources available.
- The State Bar of California has pamphlets in multiple languages about assistance with immigration, as well as additional information and resources on their website.
- The Office on Women's Health has information about domestic and intimate partner violence on their website. For immediate assistance or more resources, visit the National Domestic Violence Hotline website or call (800) 799-7233.
- KidsHealth from Neumors offers a wide range of child development, special needs, health, safety, and nutrition information for parents, kids, and teens in English or Spanish.
- The All about Young Children website offers research-based information and videos about how children ages newborn to five years old grow, develop, and learn. The information is available in eight languages.
- The United States Department of Agriculture provides an interactive map families and caregivers can use to find locations that offer meals to children. Food locations can also be found by calling the USDA National Hunger Hotline at (866) 348-6479. For assistance in Spanish call (877) 842-6273. The Hotline is available Monday through Friday from 8:00 a.m. – 8:00 p.m. ET.

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- Parents Helping Parents (PHP) has launched Connections California, which is a hub of resources to support families in transitioning a child with special needs into adulthood. The website is also available in Spanish and Vietnamese.

- Visit the Kaiser Permanente Food for Health website to learn about healthy eating habits and discover recipes.

- The United States Office on Women's Health website has fact sheets about pregnancy, breastfeeding, fitness, nutrition, and more.

- The Head Start Early Childhood Learning and Knowledge Center (ECLKC) offers a video about getting the flu vaccine every year, an informational handout (Spanish) about how vaccines protect children, and information about infants and vaccines (Spanish).

- The Head Start ECLKC has a webpage to help parents learn about oral health and how to teach their children healthy habits for healthy smiles in English and Spanish.

- The Early Start program is California's early intervention program for infants and toddlers with disabilities and their families. Early Start services are available statewide and are provided in a coordinated, family-centered system. For more information regarding Early Start services and referrals, please contact the Early Start BabyLine at (800) 515-2229 or email earlystart@dds.ca.gov.

- The UC San Diego School of Medicine has a library of materials and tools to support health and wellness available on their website.

- Orange County Transit Authority (OCTA) offers youth bus passes that may allow children and teens to ride the bus system for free or at a reduced cost. Visit the website for current program details and eligibility requirements. (Spanish, Vietnamese).

- Many Los Angeles County school districts and community colleges offer students free transportation on buses and metro lines. Visit the GoPass Fareless Pass Program website for detailed information.

- Find health coverage on the healthcare.gov website. You can also find health insurance information on the Covered California website.

- Search for rental assistance in your county on the Consumer Financial Protection Bureau website in English or Spanish.

- The California LifeLine Program is a state program that provides discounted home phone and cell phone services to eligible households. The California LifeLine discounts help consumers lower the cost of their phone bills. Learn more here.

- Learn about California parent organizations that provide resources for families who have children with special needs on the CDE website.

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- The California Department of Food and Agriculture (CDFA) provides wildfire recovery resources and tools to those who have been impacted by wildfires.
- Ready.gov offers guidance on preparing for emergencies and teaching children how to respond to emergencies. Information about disaster safety for people with disabilities, a survival kit supply list, and additional resources are available on the Red Cross website in English or Spanish.
- California Office of Emergency Services (OES) has an interactive MyHazards website where you can search your area to discover what type of disasters you should prepare for along with links to how you can prepare.
- The American Red Cross offers guidance for planning ahead, making a back-up plan, and evacuating for people with disabilities.
- The ADA National Network website has a printable planning form for people who use electricity and battery-dependent assistive technology and medical devices.
- The Listos California website has a resource directory of printable guidance for every disaster situation in multiple languages.
- KidsHealth from Nemours has information about emergencies and first aid, First Aid Guides and a variety of other health and safety resources written for parents, children, teens, and educators. We suggest saving this site on your smart phone for easy reference.
- The California Department of Social Services (CDSS) has announced the launch of a new food program called SUN Bucks. SUN Bucks will provide $120 per child for groceries, which is equivalent to $40 per month for the three months schools are typically closed during the summer. Click here to learn more about SUN Bucks. Click here to watch a video about SUN Bucks. Click here to visit the CDSS website (Spanish).
- The All About Young Children website offers information to families on children's early development. It is available in eight different languages and provides age-specific information on children's development from birth to age five.
- The Long Beach Unified School District's Division of Student Support Services provides numerous services for students and families. They create and share resources, provide professional development opportunities, and facilitate services for LGBTQ+ students at schools. The following are resources for families that can be found on their website:
    - Advocates for Youth (AFY): Are you an Askable Parent?
    - The Family Acceptance Project
    - HealthyChildren.org: Coming Out: Information for Parents of LGBT Teens

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- Saddleback College offers free Foster and Kinship Care Education classes in English and Spanish for Orange County residents to build parenting skills, strengthen support networks, and increase understanding of children in their care.

- The State Council of Developmental Disabilities (SCDD) provides general and special education resources to parents, caregivers, and educators. This includes guides and toolkits on early intervention, Individualized Education Plan (IEP) strategies, inclusive education, high school diploma pathways, self-advocacy tips, disability rights, back-to-school advocacy clinics, and resources to support the transition back to school.

- The Good2Know Network supports early learning teachers and child care providers by connecting them to information and ideas designed to improve the quality of their work and lives. It offers articles, activities, and ideas to help strengthen children's learning and well-being.

- The California MAP (Making Access Possible) initiative provides statewide inclusion and belonging resources to support young children with disabilities or developmental delays in child care, preschool, transitional kindergarten, and out-of-school programs. The website offers training materials, publications, and county resources for providers and families.

- The Centers for Disease Control and Prevention (CDC) website provides tools and guidance to support healthy child development and positive parenting practices, including developmental milestones checklists, early learning tips, and strategies for promoting children's social-emotional well-being.

Webinars and online training for professional development

- Listen to the EdSurge Podcast to discover the latest news and research about technology in education.

- There is a Sesame Workshop that offers resources for child care providers that include planning sheets, tips, and activities.

- Improve your writing skills by reading the following articles or taking free online classes:
    - 7 Ways to Improve Your Writing Skills (article)
    - How to Develop Your Note-taking Skills (article)
    - 200+ Free Online Writing Courses to Improve Your Skills (article)
    - University of Arizona: Writing Skills Refreshers (self-paced online class)
    - Harvard Extension School: Writing Refresher Course through Canvas (self-paced online class)

- The United States Department of Agriculture (USDA) offers the following two meal planning guides for use with children ages three to eighteen:
    - Let's Make a Snack!
    - It's Breakfast Time!

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- The National Association for the Education of Young Children (NAEYC) has a Message in a Backpack series that provides printable tip sheets and guidance for families about child development and learning.
- The Dietary Guidelines for Americans website offers information about current nutrition standards and research, as well as print materials that are available in English and Spanish.
- The Department of Education in northeast Switzerland developed a series of videos and resources to support parents, caregivers, and early educators in understanding how children develop and learn through daily experiences. The videos are short clips that contain a written explanation, and there are resource handouts as well. Most of the videos and materials are available in thirteen languages (including English and Spanish).
- The Summer Food, Summer Moves Resource Kit includes activity guides for families. The activity guides contain nutrition information, healthy eating tips, and activities to do with kids.
- The Harvard Graduate School of Education Usable Knowledge Education Now program shares stories that explore a wide range of topics about learning and the education system.
- The Regional Educational Laboratory (REL) West program offers the following recorded trainings that include handouts and resources:
    - Creating Culturally Affirming Spaces: School and Classroom Practices
    - Joyful Reading and Writing with Young Children
    - Preparing Young Children for School
- The Let's Talk Poison StoryMap was created by the Health Education Program of the California Poison Control System. This is an interactive website for learning about poison risks, safety, and resources using a variety of media tools.
- The Harvard University Center on the Developing Child explains the research behind how racism can affect healthy child development in this infographic.
- Pro Solutions offers a free two hour training on *Recognizing and Reporting Suspected Child Abuse*. Add the $0.00 course to your cart on the website and follow the prompts to set up an account. This training is for parents or license exempt providers. If you have a child care license or are a mandated reporter for child abuse, you must take this training instead.
- Better Kid Care offers a free course on *Safe Sleep Practices for Caregivers: Reduce the Risk of Sudden Unexplained Infant Death (SUID)*. Create a free account on their website. Once logged in, type "SIDS" into the search bar at the top left and select the course titled *Safe Sleep Practices for Caregivers: Reduce the Risk of SUID*. Once the course is completed, take the exam to receive a certificate.
- Cultivate Learning, University of Washington provides an online Circle Time Magazine. View a short video and access a handout, resources, and book lists about inclusive social interactions here (español).

- The Colorado Department of Education released a short video titled *Friendships, Inclusion, and Learning* to highlight the value of inclusive preschool programs for all children.
- The Early Childhood Technical Assistance Center (ECTA) has developed a series of PDF Interaction Checklists for early educators and families in English and Spanish. These checklists offer strategies for building and observing the development of children. Click on a checklist for an introductory paragraph that explains how it can be used and a link to open the PDF.
- West Ed has developed a series of videos to introduce the Desired Results Developmental Profile (DRDP) tool to parents called Watching My Child Grow. They also have DRDP Tutorial videos and videos about DRDP Measures for child care providers.
- The California Center for School Climate (CCSC), a California Department of Education initiative operated by WestEd, provides free support and trainings on school climate and data used by local education agencies in California. Visit the website to find resources, networking opportunities, and training events.
- Learn about trends and research related to education by listening to the EdSource podcast.
- Learn about the value of encouraging families to use their home language by reading these articles by the Early Childhood Learning and Knowledge Center.
- The Program for Infant Toddler Care (PITC) has two recorded webinars about the book *The Powerful Role of Play in Early Education*, which was released by the California Department of Education.
- EdSource author Carolyn Jones offers resources for educators and families in the article *Beyond gender-neutral bathrooms: A guide to rights and protections for LGBTQ+ students*.
- The Center for Parent Information and Resources has answers to the questions parents frequently ask about special needs services on their website, which is also available in Spanish.
- This video from the Pyramid Model offers tips for promoting social-emotional skills and preventing challenging behaviors as children return to school.
- This video from Edutopia shares four different methods for building the emotional literacy of children.
- Learn how to talk to children about using their cell phones responsibly and set guidelines for cell phone use in your program in this article by Christopher Klein.
- The National Alliance on Mental Illness (NAMI) offers a recorded webinar on *Navigating the Winter and Holiday Blues* on their website.
- The Orange County Department of Education (OCDE) offered a series of free virtual workshops in the summer of 2021 which are now available online. The workshops are designed to give parents, caregivers, older siblings, and child care providers information to

help them support the learning of children from preschool through grade six. Click on each link to access a document that provides the presentation slides, video recording, and resources in multiple languages.

  - Early Learning Social-Emotional Development
  - Numeracy Development
  - Literacy Development
  - Social-Emotional Development and Behavior

- Learn more about using active supervision to keep children safe with this new self-paced learning and reflection sheet from the Early Childhood Learning and Knowledge Center in English or Spanish.

- In an article for EdSource, Cheryl Abla shares strategies for engaging young students in learning using questions.

- The Child Care Initiative Project (CCIP) supports people interested in opening a family child care home obtain a license, or helps existing family child care home providers reopen or expand their program. The free trainings and technical assistance are provided by your local Resource and Referral Program, and include the following topics:

  - Child Development and Learning
  - Culture, Diversity, and Equity
  - Relationships, Interactions, and Guidance
  - Family and Community Engagement
  - Dual Language Development
  - Observation, Screening, Assessment, and Documentation
  - Special Needs and Inclusion
  - Professionalism

- The California State Council on Developmental Disabilities has resources to support people with special needs or disabilities.

- The Collaborative for Academic, Social, and Emotional Learning (CASEL) offers resources and weekly webinars related to the social and emotional development of school aged children on their website.

- The Center for the Study of Social Policy offers guidance for using strengths-based practices during challenging times on their website. They also offer a guide for parents on Strengthening Families.

- Sesame Street in Communities offers courses and interactive trainings to help families support children and their early childhood development.

- View the California Surgeon General's free book on coping with stress during COVID-19 in multiple languages here.

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- Early Math Matters is a free eight-course online curriculum that introduces parents and caregivers to mathematical concepts such as math literacy, number sense, patterns, geometry, measurement, data collection and math processes. Each lesson includes tips on setting up a math-enriched environment, animations, interviews with math experts, videos of children and teachers in classroom settings, and links to the *Math at Home* website.

- The CDC has a free online course called Watch Me! Celebrating Milestones and Sharing Concerns, which consists of four (4) learning modules to support parents and caregivers in monitoring the development of their children.

- The National Association for the Education of Young Children (NAEYC) has a variety of recorded webinars on their YouTube channel.

- View a recorded webinar on Interactive Readalouds: Learning from Books Together from Regional Education Laboratory Program.

- Kaplan Early Learning Company offers free professional development recorded webinars on their website.

- Zero to Three's Magic of Everyday Moments series explores how to support children's social, emotional, and intellectual development during infancy and includes links to resources and videos in the following categories: Building Blocks of Development; Brain, Body, and Mind from Birth to Three Years; Physical, Language, and Social-Emotional Development; and Nurturing Attachment and Managing Challenging Behaviors.

- Understood is a website that offers live chats and other resources for supporting the learning and development of children with special needs.

- The California Map to Inclusion and Belonging website has resources by subject or by county to support the inclusion of children with special needs in early learning and child care programs. They also provide educator resources and training materials.

- The Head Start Early Childhood Learning and Knowledge Center has mental health resources available for families. Click here to view resources for building the resilience that will help children and families cope with stress and trauma.

- First Five Alameda County has posted recordings of workshops for parents on their YouTube channel, including topics such as: supporting children who are experiencing stress, and talking with children about race and equity.

- Dr. Becky Bailey offers free webinars, a podcast, and resources for families and educators on her Conscious Discipline website.

- Explore anti-bias articles and resources for educators by NAEYC.

- Discover resources about race and racism on the Common Sense Media website.

- Visit the PBS webpage to view their article series on *Talking to Children about Race and Racism*. PBS offers articles, videos, and other resources to help parents have honest and open conversations about race and diversity with their children.

- The Hilltop Children's Center offers Napcast, a podcast that explores topics and ideas around inclusion, antiracism, building relationships with families, and education.

- Mental Health America offers two recorded webinars to help adults cope with stress and anxiety. The first one is *Practicing Self-Compassion* and the second one is *Writing through Lived Experience: How Writing can Help You on Your Mental Health Journey*.

- The English Learner Support Division (ELSD) is publishing two newsletters, the *Multilingual Updates Newsletter,* and the *Multilingual Parent Newsletter*. Find them on the CDE website.

- The CDE's Migrant Education Office (MEO), in collaboration with WestEd, created the Parent Engagement Module Series (Spanish) for parents to develop their capacity to support their children at school and home. These seven parent modules were developed to provide parents and family with information and strategies to address important topics such as the use of positive discipline, ways to raise self-confident children, bullying at school, and more.

- The California School for the Deaf has a YouTube playlist of recorded workshops designed to support outreach to families within the Deaf Community. They also have a webpage with resources for family education, deaf culture, and learning American Sign Language (ASL). Contact the Family Engagement Coordinator, Kimberly Davis at kdavis@csdr-cde.ca.gov or (951) 268-5803 for more information.

- Kristen Peterson is the director of the Butterfly Hill Nature Preschool and her Play Based Learning podcast explores ways to support children's learning through play.

- Read the article *Let's Play Outside: The Importance of Pretend Play in Natural Settings* by Marisa Lark Wallin.

- EdSource has launched a new podcast called Education Beat which will explore updates in California education from preschool to college.

- Colorín Colorado offers a Family Literacy at Home video series in English and Spanish. These videos feature tips for families on supporting reading at home through singing, talking, and shared reading.

- WoFo Global Café (World Forum Foundation) shares ideas, articles, and resources for early childhood educators that promote an ongoing global exchange of ideas on the delivery of quality services for children in diverse settings.

General learning tips and activities for children

- Visit the PBS A Place of Our Own and Early Childhood Tips and Resources websites to view printable activities for kids.

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- The United States Department of Education offers parents a Help Your Child Series of free books to support the development and learning of young children. The books are available in English and Spanish.
- NBC news reports that all California residents can now access free online tutoring services seven days a week, twenty-four hours a day. The services are through the California state library system and can be accessed on the Brainfuse HelpNow website.
- Children's Home Society of California (CHS) offers learning activities for children of all ages. These activity sheets are available in English and Spanish.
- Support children in learning how to plan ahead and set goals by making a refrigerator calendar.
- Help children learn to work independently or entertain themselves by making an activity spinner (español).
- The Resources for Early Learning website offers lesson plans and activities for early childhood educators, parents, and children. The content is for supporting children ages birth to five.
- First 5 Orange County has Kid Builder activities for children ages birth to five.
- The article *Smart Toys for Every Age* by Dr. Elana Pearl Ben-Joseph, discusses how children play and which toys help support healthy child development. The article is available in English and Spanish.
- The United States Department of Education's Office of Educational Technology has created a *Parent and Family Digital Learning Guide* in English and Spanish to support distance learning.
- The California Parent and Teachers Association (PTA) website has tips for parents with school-age children.
- Use this interactive map to find your local library. Check your local library's website to see what services they are currently offering such as Wi-Fi access, curbside check in/out, virtual story times, and more.
- Learn how to create learning centers at home with prop boxes by visiting the NAEYC website.
- Visit the Tools for Teachers Super Balanced website to discover educator-created lessons, activities, strategies, and professional development to help tailor instruction and boost learning.
- The Good Things for Young Children website has activity ideas available in English and Spanish that can be printed and shared with families.

- The All Kids Network has learning activities for kindergarten through eighth grade.
- Discover a wide variety of activities to do with children at home on the First 5 San Diego website.
- Visit the Investing in Children website to discover screen-free, nature-based activities.
- The Parents website shares quick games and activities to do with children while waiting, traveling, or when you just want to have some fun.
- Visit Khan Academy Kids to access a free learning app for young children (ages 2-8) with activities that support early literacy, math, and social-emotional learning.
- The Centers for Disease Control and Prevention (CDC) website provides tools and guidance to support healthy child development and positive parenting practices, including developmental milestones checklists, early learning tips, and strategies for promoting children's social-emotional well-being.
- The California State Library Early Learning with Families website shares free literacy activities, family engagement ideas, and early learning resources for young children.
- The Highlights Kids website offers free puzzles, crafts, reading activities, and educational games that support children's learning and creativity through fun, interactive activities.
- Discover free play ideas, crafts, games, and activities that support children's learning and development on the Genius of Play website.

Supporting children's social and emotional development

- Discover activities to support children in developing kindness and empathy on the Positive Psychology website.
- Read the CHS blog articles *Games and Activities that Build Self-Regulation Skills* in English or Spanish, and *Learning and Building Relationships with Fingerplay Songs* in English.
- Discover seven music games to help children develop self-regulation skills on the PBS Parents website.
- The state of California and the Child Mind Institute have collaborated to create the California Healthy Minds, Thriving Kids Project. The project includes free videos and print resources in English and Spanish for teaching children skills to build good mental health.
- Action for Healthy Kids explains how color and art can be used to help children express their emotions in an article available in English or Spanish.

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- The California Child Care Resource and Referral Network (CCCRRN) has developed five videos in English and Spanish to encourage children to practice habits to improve their mental wellness.

- Songs for Teaching has compiled a playlist of songs for building self-esteem and a positive attitude on their website.

- Use rocks to explore emotions with this activity from Where Imagination Grows.

- The Teaching Channel has a video about how to use a stop sign as a conflict resolution tool. You may need to open a free account to view the video.

- Sesame Street in Communities offers short workshops with videos and tips for supporting the social and emotional wellbeing and development of children.

- Sesame Street's Caring for Myself, Caring for Others program offers social and emotional learning activity ideas for all ages, as well as tips for parents.

- Explore breathing exercises for kids from Moshi. Deep breathing helps reduce stress and calm strong emotions for both children and adults. You can find breathing exercises in Spanish here. Additional breathing exercises are available in English and Spanish on the Children's Bureau website.

- Help children learn how to be a good friend and neighbor with these activities from PBS.

- Visit the Understood website to discover five social and emotional games to play with your child.

- The National Center for Pyramid Model Innovations (NCPMI) offers Activities for Teaching Children about Emotions, printable feeling faces cards in English and Spanish, posters with ideas for calming down in English and Spanish, picture cards of solutions for solving disagreements in English and Spanish, a bilingual Greeting Board with pictures of how to say hello, and an article about teaching children emotional literacy in English and Spanish.

- Discover how to help children develop flexible thinking they can use during transitions or when plans change in this article by Jodie Fishman.

- Visit the Great Schools Emotional Toolbox for ideas of how to teach school aged children about character and managing emotions.

- We are Teachers shares fifty-six activities to support the social and emotional development of preschool and kindergarten children.

- Taproot Learning has social and emotional learning activities for elementary school, middle school, and high school.

- The Antelope Valley Union High School district has created a Virtual Calming Room with activities to help students manage stress.

- Greater Good Education (UC Berkeley) offers free, research-based practices and activities to support children's social-emotional learning, including empathy, kindness, gratitude, mindfulness, and coping skills. Visit the website to explore SEL activities and strategies.

- The Child Mind Institute website offers free articles, guides, and resources to help child care providers and families support children's social and emotional development. Topics include managing emotions, building resilience, and promoting positive behavior and healthy relationships.

Helping children develop language and literacy skills

- Take a summer road trip through books with Reading is Fundamental (RIF). Use the activities and books from their website to explore new places.

- The New York Public Library's Story Line offers recorded stories on demand. Listen to children's books performed by librarians in English, Spanish, Mandarin, Russian, or Japanese. Listen on Spotify or Amazon.

- Design and make a cardboard mini library to encourage reading and sharing books.

- Tandem, Partners in Learning have a YouTube Channel featuring read-aloud story times for children that can be accessed at any time.

- The Los Angeles County of Education offers a playlist of Spanish story time videos on YouTube.

- Visit the Unite for Literacy website to read free digital books with children. The books are available with narration, and many are available in multiple languages.

- Visit the Storyline Online website to hear children's books being read by celebrated actors.

- The StoryTime Family YouTube channel features read along stories for children.

- The Story Blocks website has videos of songs and rhymes for infants, toddlers, and preschoolers in a variety of languages.

- Learning the correct posture for writing is part of literacy development. This website shows adults how to teach the correct way to hold and use a pencil.

- Writing Blueprints provides online writing instruction for ages six to ten.

- Discover ideas for family storytelling and literacy activities by visiting the PBS website.

- Learn how to use grocery shopping and meal preparation to increase children's vocabulary in this article.
- Visit Reading Rockets for free literacy resources for families, including reading and writing activities, booklists, and parent tip sheets to support children's language and literacy development at home (some resources are available in English and Spanish).

Exploring music and art with children

- Read this article by MaryAnn F. Kohl about creative clay, dough, and modeling experiences for children.
- Explore these ideas for creating an outdoor art studio from Lisa Daly.
- The CHS blog *Developing Creativity, Resiliency, and Emotional Literacy at Home* shares ideas for exploring music and art with children. It includes links to other sites that provide additional activities to explore. The article is available in English or Spanish.
- Visit the Wild, Free, and Crafty YouTube channel for free art lessons.
- Make edible paint that is safe for toddlers to use with this recipe.
- Mariela's Music Time is an English/Spanish interactive video series on YouTube for toddlers and preschoolers.
- Children can play this interactive online game to learn about instruments from around the world.
- Kids Music Corner explores types of music and composers.
- Classics for Kids offers lessons and games about classical music composers and how to read music as well as a radio station and podcasts.
- Learn how to make musical instruments with kids by visiting the Tiny Beans website.
- Discover art and craft projects to do with children on the PBS website.
- Hands On as We Grow has activities and projects for toddlers and preschoolers, as well as activities and games that can be made from recycled materials.
- The Spruce Crafts provides printable games and crafts for children ages five and up.
- The Smithsonian has a website with fun learning activities for elementary and teenage children.
- Explore hands-on art activities and children's books that encourage creativity with Art Tales from the National Gallery of Art. Resources are available in English and Spanish.

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Mathematics learning activities for children

- The *Practicing Math Skills with Your Child* blog article by CHS shares easy and inexpensive ways to support the math development of infants, toddlers, and preschoolers. The article is available in English or Spanish.
- Teach children about how to manage money with activities from Sesame Street in Communities.
- The Development and Research in Early Math Education (DREME) website has a free toolkit for educators about supporting the development of math skills, as well as activity ideas for families.
- Find math games for you and your school aged child to play on the National Council of Teachers of Mathematics website.
- Explore basic geometry during lunchtime by making tangram puzzle sandwiches.
- Engage children in math activities that build patterning skills.
- PBS shares ideas for how to explore shapes with children on their website.
- Explore the Starfall website for interactive games and activities that support children's early literacy and math skill development.
- Visit the Zero to Three website to explore activities and resources that support children's early math learning and development.

Science learning activities for children

- Visit the Life Lab YouTube channel to discover gardening and nature activities for kids ages five and up.
- Muddyfaces offers free printable activities for exploring mud, a free PDF booklet on how to create a mud kitchen in multiple languages, and resources for International Mud Day; which is celebrated on June 29th every year.
- Learn about how plants grow by planting a bean seed in a plastic bag you tape to your window. Click here to watch the video.
- Make a sprout house by planting grass seeds on a house made from sponges.
- Encourage children to record their outdoor explorations by making nature journals.
- Explore the outdoors with children by using these activities from PBS.
- Explore a variety of science topics by watching Sid the Science Kid videos with children and discussing their ideas.

- Make a bird feeder out of a plastic bottle and invite children to observe the different birds that visit.
- NASA has a free media library. Watch videos and learn about outer space.
- Children can use items from nature, such as sticks and rocks, to explore the use of basic tools like hammers and levers with this Natural Toolbox activity.
- You can learn about Science, Technology, Engineering, and Math (STEM), and discover activities, resources, and websites for encouraging STEM learning in infants, toddlers, preschoolers, and school aged children in the free STEM brochure (Spanish) by CHS.
- Explore science concepts by learning about light and shadows.
- Learn about water with these activities from PBS.
- Watch this video with children and then go outside and see what you can discover about the wind.
- Explore the fall season with children by reading books, making fall leaf puzzles, or by trying these activities.
- These activities from PBS encourage children to explore nature with their five senses.
- Explore and learn about outer space with these crafts and activities from PBS.
- Use these crafts, games, and activities to learn about animals.
- The Kids Gardening website has a wide range of activities to help children of all ages learn earth science concepts.
- Help children develop science skills by exploring nature with family activities from Latino Outdoors; also available in Spanish.
- Support infants and toddlers as they play and explore outdoors with these resources from the Head Start Early Learning and Knowledge Center.
- Rusty Keeler, a play advocate, has a podcast called the *Play Nature Podcast*, a podcast dedicated to celebrating the benefits of outdoor, nature-based play for children and adults. It is available in Apple Podcasts and YouTube.
- Explore hands-on science and nature activities for young children with lesson plans from the California Academy of Sciences.

History and social sciences activities for children

- The U.S. Census Bureau has crossword and find-a-word puzzles school-age children can do to practice vocabulary related to census studies.

- The World Forum Foundation offers a free Environmental Action Toolkit for early educators and families with activities to teach children about ecology and conservation.
- Use these activities to help children connect with their family heritage and create a book about their family traditions. The U.S. Census Bureau also has resources for tracing family heritage on their website.
- Discover home learning activities about social studies for preschoolers through high school from the United States Census Bureau.
- Household chores help children learn to be independent and teach them about being part of a community. Encourage your child to be responsible for some of these chores.
- Find conversation starters and activities for teaching preschool-age children about history and social studies on the Teaching Strategies website.
- Teach children about community helpers with these resources from PBS.
- Use resources from the United States Census Bureau to teach children facts about states.
- Children can learn about how to protect our planet with these activities from PBS Parents.
- Students in fifth grade can learn how a case is tried in court by watching this video of a trial for the Three Little Pigs.
- Explore the world of dinosaurs with these activities from PBS Parents.
- Discover history, culture, art, and geography through free videos, images, virtual exhibits, and learning activities on the Smithsonian Learning Lab website.
- Explore U.S history using primary sources, maps, photographs, and classroom activities available through the Library of Congress website.

Help children learn about nutrition and develop a healthy lifestyle

- Children can use these free Look and Cook recipe cards to make their own healthy snacks, and also practice literacy skills.
- Play dance games with children from MyTuesdayTherapy.com.
- PBS offers tips for cooking with children and a list of children's books about food and cooking.
- Discover classic ball games to play with children on the Parents website.
- Invite children to help make snacks by trying the recipes in this cookbook from Head Start in English or Spanish.
- KidsHealth offers a variety of recipes your child can help prepare.

- Discover nutrition activities on the Child Fun website.
- The United States Department of Agriculture (USDA) MyPlate program provides activities, videos, and songs to help children learn about food.
- Watch videos of easy recipes to cook with children from Team Nutrition and the Child and Adult Care Food Program.
- Discover movement activities for infants and toddlers on the Raising Children website.
- Try indoor movement activities for ages three and up from The Measured Mom website.
- Discover songs, poems, and fingerplays to help children learn about dental hygiene on the Pre-K Fun website.
- Joe Wicks has a YouTube channel with physical education (PE) videos for children.
- Think Green Parenting shares physical activities to do indoors with children.
- Build coordination by challenging your child to a hand clapping game.
- Help your preschool child develop fine motor skills with these activities from Community Playthings.
- Discover healthy recipes, nutrition tips, meal planning ideas, and family friendly cooking activities on the EatFresh.org website.

Take a virtual field trip with children

- Visit Google Arts and Culture to explore museums, famous art works, interesting places, and cultural heritage.
- These sixteen museums offer virtual tours on their websites.
- Take a virtual tour of the Louvre art museum in Paris, France.
- Learn about the Liberty Bell in this virtual tour.
- Take a tour of the Smithsonian National Museum of Natural History to learn about the history of our planet and how humans interact with the environment.
- The China Guide website has a virtual tour of the Great Wall of China.
- Visit the National Aquarium's livestream exhibits to observe marine life.
- Monterey Bay Aquarium offers live web cams of marine and shoreline animals.
- Watch live cams of baboons, penguins, polar bears, apes, giraffes, elephants, tigers, and more on the San Diego Zoo website.

- Take four different video walks through Yellowstone National Park.
- Learn about polar bears with two recorded virtual field trips from Discovery Education™.
- Find virtual and recorded tours of farms for students here.
- Take a tour of the planet Mars by clicking here.
- Explore outer space through NASA's virtual tours and interactive exhibits.
- Watch live webcams from Explore.org featuring wildlife from around the world.
- Take a free virtual field trip to a working California dairy farm to learn about farm animals, how milk is produced, and how farmers care for their cows.

Discover educational television programs for children

- Chef and parent Tabitha Brown created a series of videos for children about living a healthy lifestyle and developing social and emotional skills.
- Schoolhouse Rock has a YouTube channel with all their episodes which are geared toward elementary school learners.
- Homeschool Hideout shares this list of over 150 educational programs you can add to a Netflix account.
- PBS offers educational programs and teaching resources on their website.
- Sid the Science Kid encourages preschoolers' curiosity about the world around them and promotes finding answers through hands-on exploration.
- National Geographic Kids offers educational videos and short programs that teach children about animals, science, geography, and the world around them through fun and engaging content.
- Sesame Street provides educational videos focused on early literacy, social-emotional learning, diversity, and problem-solving through age-appropriate lessons and characters.
- SciShow Kids provides educational science videos designed for young children that explore topics such as animals, nature, and how the world works through engaging and easy to understand lessons.

Tools and activities to support children understanding diversity

- The Harvard University Center on the Developing Child website offers the video *Understanding Racism's Impact on Child Development: Working Toward Fairness of Place in the United States* which discusses the latest research with a panel of experts.

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- Learn about how to address bias in infant and toddler programs by reading this article by Sarah S. MacLaughlin from Zero to Three.
- Visit the PBS website to learn about 11 children's books you can use to start conversations about race and diversity. You can also print a Discussion Guide for talking with children about racism.
- The program *Sesame Street in Communities: Community Violence* offers resources, videos, and activities for toddlers, preschoolers, and school aged children.
- The Learning for Justice website offers resources and ideas for activities to do with school-aged children.
- Discover activities for helping preschoolers and school-aged children identify and celebrate what makes them unique in this article by PBS.
- Try this activity for learning to appreciate diversity through play by PBS.
- School age children can learn about culture and differences with Arthur using this interactive game from PBS.
- Ten tips for talking to children about race are available in English and Spanish on the Embrace Race website. There is also a list of twenty picture books that can be used to talk about race with children.
- Teaching for Change offers resources for exploring Native American history and culture with children here.
- Sesame Street added Muppets Elijah and Wes who discuss skin color in this video. View the music video "Giant" here on the Sesame Street in Communities website. This music video celebrates cultural diversity, pride, and self-esteem. The webpage provides suggestions for what you can do before, during, and after viewing the music video with children.
- The Welcoming Schools website offers free lesson plans, book lists, and activities that help children learn about diversity, inclusion, and respect for others.
- Learn about strategies and activities for helping young children understand identity, diversity, and fairness with this resource from NAEYC.