



Additional Resources for Families

To our families:

We know that so many of you have taken on the tremendous task of changing your daily routines very quickly in a time of crisis, and serving as a strong support system for your loved ones. We want you to know that **you are doing a great job and you are doing enough**. While this shift in your family's daily life may be temporary, and will likely be a blip in time for little ones, the fact remains it is a huge shift. As you work to manage priorities and to accommodate everyday moments during these times, don't forget to pat yourself on the back for the incredible job you are doing to maintain normalcy for your child and family during this time.



To all the moms, dads, aunts, uncles, foster parents, grandparents and caregivers, **you already have what it takes** to help your child grow, thrive, and flourish through this time, and **we are here to support you**.

We are sharing opportunities with you that you may decide to try with your child. These activities are aimed to be fun and to promote learning.

Please pick and choose the activities and platforms that work for your family and for your child, and remember to take it slowly. The most important thing is making sure your family is at ease and coping with the new changes, and this might mean doing one activity below or simply spending time with one another. As time goes on and you become more comfortable with this new normal, you may be able to open yourself and your child to new activities and experiences.

Note: These websites and apps have not been vetted for privacy or data security protocols by DOE or City of New York

NYC Programs and Services

The below selection offers information related to city programs that provide support, resources, and programs for family and child well-being.

- [Growing Up NYC](#): Growing Up NYC is a mobile-friendly website that makes it simple for families to learn about and access City programs, as well as services and activities available through government agencies and community partners in English and in Spanish.



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- [Office of Children and Family Services](#): Provides helpful information and resources to families that want to learn more about prevention, support, and family assistance during this time.
 - [Citywide Guide to Services and Resources in NYC](#): Women Creating Change designed this resource guide to help individuals and organizations access needed low- or no-cost social services, programs, and resources available throughout the five boroughs of New York City.

Digital and Hands-on Activities for Children

The below resources offer unique experiences you can partake in from home, educational online games and activities, and suggestions for activities that help you learn and bond with your child during everyday moments and daily routines.

- [PBS Parents Blog](#): Blog posts and information on different topics for early childhood, including how to discuss the virus with young children, as well as hands-on activities you can do from home.
- [PBS Kids Apps](#): Free award-winning educational apps for children from PBS. Many are in English and Spanish.
- **Children’s Museum of the Arts**: 52 videos of DIY Activities at Home, [How-To Videos](#) are less than a minute long, visual instructions, set to music so there is no language barrier.
- [Play Recipes from Brooklyn Public Library](#): Enjoy these play activities with everyday materials for children 0-3 years.
- The [PBS KIDS Play and Learn Science App](#): Hands-on science projects with everyday materials, along with online science games and explorations.
- [Noggin App](#): Get 90 days of free access to an ever-expanding library of eBooks, learning games, interactive episodes, activities, and 1,000+ ad-free full episodes of preschool shows developed by curriculum specialists. To access Noggin:
 - Enter this unique URL into your browser: www.noggin.com/noggin-cares-nyc-doe/
 - Follow the steps to create a FREE account
 - Check your inbox for a verification email (and verify your account)
 - Download the Noggin app on your devices through the iOS App Store, Google Play Store, Amazon App Store and/or Roku



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- Open the Noggin app and tap Sign In
 - Sign in using your Noggin account email and password
 - [Lunch Doodles with Mo Willems](#): Author Mo Willems invites you into his studio every day for his LUNCH DOODLE. Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo’s studio virtually once a day for the next few weeks.
 - [National Geographic Kids](#): This site provides an opportunity for families to engage in educational games and activities around nature and animals. Visit to experience all things animal-related!
 - [R-SUCCESS](#): On this site you will find audio recordings of stories inspired by the oral narrative traditions of Latino and African heritage families, as well as activities to accompany the stories.
 - [Cincinnati Zoo and Botanical Gardens](#): Take a field trip to the Cincinnati Zoo and Botanical Gardens. Videos with zookeepers will teach about animals ranging from Galapagos turtles to red pandas. Also includes activities that can be done at home.
 - [Explore Live Cams](#): Watch animals around the world move about their day with these live action cameras. You can choose from so many different animals from land, air, or sea.
 - [Wide Open School](#): Wide Open School is a free collection of the best online learning experiences for kids from these [25 organizations](#), curated by the editors at Common Sense Media.
 - [Cosmic Kids Yoga](#): Do yoga, mindfulness, and relaxation with your child in this unique story format!
 - [GoNoodle](#): 5-minute videos provide all you need for a short dance party and movement break.
 - [Chrome Music Lab](#): Create your own music experiments! These interactive experiences help you create your own beats in a variety of eye-catching ways.

Parenting Information / Supporting Children’s Learning

The below resources offer tips and ideas for self-care and supporting children’s learning and understanding during this time.

- [Sesame Street in Communities](#): Sesame Workshop offers information, videos, coloring sheets, and activities in English and Spanish on a wide range of health, literacy, STEM, and other topics. Consider checking out their resources on [Health Emergencies](#), [Offering Comfort](#), [Traumatic Experiences](#), and [Helping Kids Grieve](#), which may all be





particularly relevant for helping little ones cope during this time. Sesame Workshop also developed a [Caring for Each Other](#) initiative that is filled with content you can use to spark playful learning, offer children comfort, and focus a bit on yourself, too.

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- [Ready4K](#) is an evidence-based family engagement curriculum delivered via text messages. Each week, you'll receive short text messages with fun facts and easy tips on how to promote your child's development by building on existing family routines – like pointing out letters on the shampoo bottle during bath time and naming their sounds. **To sign up text "NYC" to 70138.** While there is absolutely no cost for enrolling, data & message rates may apply for receiving ~3 messages per week. You can cancel text messages at any time by texting STOP to 70138.
 - [Small Moments, Big Impact App for New Mothers:](#) Small Moments, Big impact (SMBI) is a free smartphone app that was created by health care providers, public media producers, and mothers. It is designed to be used during your baby's first six months, and focuses on your relationship with your baby and feelings of love, stress, fatigue, frustration, and hope — all of which are part of being a parent. The app includes stories from other mothers, videos of them interacting with their babies, opportunities for self-reflection, and more.
 - [Sparkler](#) is an app that offers play-based learning activities you can do with your child. Download the app for free from the [App Store](#) or [Google Play](#). When you open the Sparkler app for the first time, create a new account. Next time, sign in using the method you picked. **Use code 2-1-2-1 to register**, which will give you **access to Sparkler for free for 90 days**. Pick "Family" from the drop-down menu. Visit "Play" for ideas for off-screen play that grow your child's heart, mind, body, and words.
 - **INCLUDEnyc** is delivering workshops and you can view their live stream on Early Intervention [here](#).
 - [Talking is Teaching](#) is a public awareness and action campaign that helps parents and caregivers recognize their power to boost their child's early brain and vocabulary development through simple, everyday actions - like describing things while walking outside, or singing songs together during bath time. Their [indoor activity kit](#) suggests ideas using the things you might already have indoors.
 - [Spanish site](#) may not have all of the new content but is worth checking out!
 - **Literacy Partners:** [La Fuerza de Creer](#), on Univision, is a telenovela with positive parenting messages. Consider watching and then talking with your family about ways of seizing time together through reading and activities at home.
 - [Kid Builders Resources:](#) Easy-to-do activities can help your child grow in six critical areas: body, health, mind, relationships, safety and words. Download the app or view the resources in PDFs in English or Spanish.



- [Zero to Three](#) has several resources specifically designed for families during the COVID-19 pandemic, with self-care strategies, ideas for making the most of video chats, activity suggestions for babies and toddlers, language for talking about COVID-19 with young children, and so much more.
- [Vroom](#) offers tips, tools, and 1000+ activities to help you add learning to mealtime, bathtime, bedtime, or anytime. Visit [Vroom.org](https://vroom.org) to access the tips or download the app from the [App Store](#) or [Google Play](#).
- [Click Schooling](#) brings you daily recommendations by email for entertaining websites that help your kids learn.

