

Digital Family Resource List



Caregiver Resources



Try these APPs



Printable Activities



Play & Learn Websites



Videos to Watch

Caregiver Resources



A Guide to Self-Care for Parents: Why Making Time For Yourself Matters

<https://www.waterford.org/education/self-care-for-parents/>

Stress Relief for Caregivers and Kids during COVID-19

[Stress Relief for caregivers](#)

Parent Help 123

<https://www.parenthelp123.org/>

Try these APPs



Go Noodle- Activities and videos for kids

[go noodle kid activities](#)

Ninja Focus-Mindfulness, yoga, and sleep for kids

https://play.google.com/store/apps/details?id=com.ninjabfocus.app&hl=en_US

Printable Activities



Self-Care Bingo- For Caregivers

[Self-Care Bingo Card](#)

Teaching Strategies: What's my Job Activity

[What's my Job?](#)

Feelings Flash Cards & Games

[feelings flashcards](#)

[Feelings flashcards activity ideas](#)

FitFlow: Yoga for Kids Activity Cards

[Yoga for Kids](#)

Play & Learn Websites



Teach your Monster to Read

<https://www.teachyourmonstertoread.com/>

King Arthur Flour-Baking with Kids Recipes

[Bake with Kids Recipes](#)

Videos to Watch



I Love my Family Because...

A Family Activity



INTERNET/PHONE INFORMATION

XFINITY WIFI <https://wifi.xfinity.com/>

Everyone can now access 1.5 million out-of-home Xfinity WiFi hotspots for free: These hotspots are normally located in business areas, retail locations and transit areas. To find your nearest hotspot, Download the APP and enter your zip code or location. Once you are at the location, follow the instructions at [xfinity.com/wifi](https://wifi.xfinity.com/) to join the hotspot. These 1.5 million hotspots are now free for all who need them through this challenging time. You do not need to be a customer to access this, but you will need to register see [FAQ](#).

Comcast is offering new Internet Essentials customers 2 free months of internet service to help connect low-income families to the internet during this time.

- They are also increasing the speed of service on the internet essentials program.
- You will receive a self-install-kit that includes a cable modem (to receive service at your home) with a WiFi router (to connect your devices without wires).
- There is no term contract or credit check and no shipping fee for equipment.
- After the two free months, you can cancel the service, or continue and make payments.

[Comcast Internet Essentials](#)

Verizon Wireless: <https://www.verizonwireless.com/support/covid-19-faqs/>

AT&T: https://about.att.com/story/2020/att_wireless_covid_19.html

T-Mobile: [COVID Response](#)

Sprint: [Sprint Covid response](#)

Assurance Wireless: <https://www.assurancewireless.com/>

HCA-Lifeline: <https://content.govdelivery.com/accounts/WAHCA/bulletins/283a2da>