

As we all work through the challenges and struggles of this time with COVID 19, let's continue to grow together and continue our family development mission! The National FDC team will be sharing new and relevant topics on our website, as well as sharing links here to support our FDC instructors, human services agency staff and families during this stressful time. It's important that we continue to practice the many valuable techniques and strategies from the FDC curriculum. Continue to be mindful in your day to day activities to reduce stress and continue to share those mindfulness practices with the families you serve and your own family and friends.

**-National Association for Family, School, and Community Engagement:**

<https://nafsce.org/>

**-Military Families Learning Network:**

<https://militaryfamilieslearningnetwork.org/networknews/>

**-Corona virus resources for educators and parents from Teachstone.com:**

[https://teachstone.com/coronavirus-resources-educators-and-parents/?utm\\_campaign=COVID-19&utm\\_source=hs\\_email&utm\\_medium=email&utm\\_content=85052481&hsenc=p2ANqtz-9AFzP5UZpQcG8Tu2s1xBINhP\\_iDT\\_rockHYd-MXCDnX-Lm80MthoIASm\\_T3GSWwoW0ey\\_03BmzK9IWbS1BgLW09dvLVQ&hsmi=85052481](https://teachstone.com/coronavirus-resources-educators-and-parents/?utm_campaign=COVID-19&utm_source=hs_email&utm_medium=email&utm_content=85052481&hsenc=p2ANqtz-9AFzP5UZpQcG8Tu2s1xBINhP_iDT_rockHYd-MXCDnX-Lm80MthoIASm_T3GSWwoW0ey_03BmzK9IWbS1BgLW09dvLVQ&hsmi=85052481)

**-How to deal with your kid 'colleagues' during coronavirus shutdowns from National Geographic magazine**

[https://www.nationalgeographic.com/family/in-the-news/coronavirus/coronavirus-pandemic-kids-home/?cmpid=org=ngp::mc=crm-email::src=ngp::cmp=editorial::add=FFG\\_Special\\_20200322&rid=772F96D72E4EA758554666BABDBC9EE4](https://www.nationalgeographic.com/family/in-the-news/coronavirus/coronavirus-pandemic-kids-home/?cmpid=org=ngp::mc=crm-email::src=ngp::cmp=editorial::add=FFG_Special_20200322&rid=772F96D72E4EA758554666BABDBC9EE4)

**-Resources around helping parents and children around coronavirus from Prevent Child Abuse New York:**

<https://preventchildabuseny.org/>

<https://sparkandstitchinstitute.com/talking-to-children-about-coronavirus/>

[Understanding coronavirus and how germs spread \(for kids\)](#)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.chkd.org/Blog/COVID-19-Uncertainties--Caring-for-Yourself,-Caring-for-Your-Kids/>

<https://www.chkd.org/Blog/COVID-19--Tips-to-Help-Parents-Support-Children/>

**-Platform for running virtual online classes:**

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

**-Podcast for recognizing, respecting and allowing children's healthy emotions:**

**-"Unruffled" by Janet Lansbury**

<https://podcasts.apple.com/us/podcast/respectful-parenting-janet-lansbury-unruffled/id1030050704>

**-For activities parents can do with kids:**

<https://www.kidsacookin.org/> is a great web site for cooking with kids

**-For parents who are at a distance from their children (e.g. co-parenting):**

"Moms over Miles" and "Dads at a Distance" have good suggestions and ideas for activities that may be useful especially for parents not

together: <http://www.fambooks.com/moms.htm>

<http://daads.com/>

**-Help Your Family De-Stress During Coronavirus Uncertainty from common sense media:**

<https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

**-51 Simple Ways to De-Stress and Find Joy at Home**

<https://www.psychologytoday.com/us/blog/lifes-work/202003/51-simple-ways-de-stress-and-find-joy-home>