

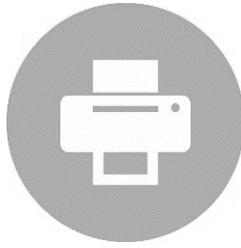
Digital Family Resource List



Caregiver Resources



Try these APPs



Printable Activities



Play & Learn Websites



Videos to Watch

Caregiver Resources



Positive Parenting & COVID-19: 10 Tips to Help Keep the Calm at Home

https://healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx

Anxiety and Coping With the Coronavirus

<https://childmind.org/article/anxiety-and-coping-with-coronavirus/>

Parent Help 123

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

Try these APPs



Breathe, Think, Do with Sesame Free App- This app teaches children to keep calm and carry on by introducing kids to three possible strategies for working through problems.

[Breathe, Think, Do!](#)

I Heart Radio Family- Music, stories, and podcast channels for the whole family.

[iHeartRadioFamily App](#)

Printable Activities



Time Capsule Activity

[Covid-19time-capsule.pdf](#)

Elmo's wash your hands coloring page

[Wash your hands](#)

Breathe, Think, Do!

[Sesame street activities](#)

Sneeze and Cough Safely with Grover

[Sneeze and Cough Safely](#)

Play & Learn Websites



Seattle Aquarium - activities, printables, virtual field trips

<https://www.seattleaquarium.org/activities-and-info-kids>

National Wildlife Federation Ranger Rick – games, activities, crafts

<https://rangerrick.org/>

Videos to Watch



Sneezing & Coughing Safely



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>