# Digital Family Resource List

**Caregiver Resources**

- How to Talk Honestly with Children About Racism
  - [How to Talk Honestly with Children about Racism](#)
- Racism and Violence: Using Your Power as a Parent to Support Children Aged Two to Five
  - [Talking about Violence with Children Aged Two to Five](#)
- Parent Help 123
  - [https://www.parenthelp123.org/](#)

**Try these APPs**

- Stay Play Grow
  - [Stay Play Grow](#)
- Mindful Powers
  - [Mindful Powers for Kids](#)

**Printable Activities**

- Summer Book
  - [Summer Book](#)
- Summer Book Bingo
  - [Bingo](#)

**Play & Learn Websites**

- MET Museum
  - [MET Kids](#)
- Oregon Museum of Science and Industry
  - [OMSI](#)

**Videos to Watch**

- [Make Your Family Count](#)