

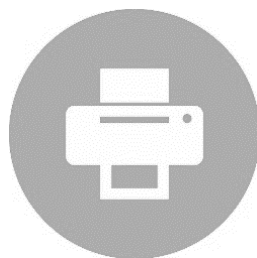
Digital Family Resource List



Caregiver Resources



Try these APPs



Printable Activities



Play & Learn Websites



Videos to Watch

Caregiver Resources



All the Feels: Helping Young Children Cope with the Return to Child Care
[Returning to Childcare](#)

Positive Parenting: When You Need a Break
[Positive Parenting](#)
[Cuando necesite un descanso](#)

Parent Help 123
<https://www.parenthelp123.org/>

Try these APPs



Breathe, Think, Do App
[Belly Breathing](#)

Splash and Bubbles
[For Parents](#)

Printable Activities



Family Activity Cards
[Activity](#)

Parent Tip Sheet
[Talk About It](#)

My World Is Green and Growing
[Explorer Journal](#)

Feeling Faces
[Feelings Activity](#)

Play & Learn Websites



Breathe, Think, Do
[Belly Breathing](#)

Chrome Music Lab
[Music Experiments](#)

Videos to Watch



Monster Meditation #5: Belly Buddy Breathing with Rosita & Headspace