



Free Online Parenting Workshops Arizona's Children Association:

Kinder Prep Online

Brain Time

Children's Concert with Mister Jim

Parent Huddle: Discipline & Challenging

EMAIL: FESSYAVAPAI@ARIZONASCHILDREN.ORG PHONE: 928-308-3816

ONLINE CALENDAR: [HTTP://WWW.ARIZONASCHILDREN.ORG/PARENTING-EDUCATION/](http://www.arizonaschildren.org/parenting-education/)

KINDERGARTEN READINESS: [WWW.ARIZONASCHILDREN.ORG/KINDERFAIR/](http://www.arizonaschildren.org/kinderfair/)

LITTLE LEARNERS PROGRAM

NOW ENROLLING FAMILIES OF CHILDREN AGES BIRTH TO AGE 5

WE DO DEVELOPMENTAL SCREENINGS – VISION SCREENINGS – HEARING SCREENINGS

PLAYGROUPS – FAMILY SUPPORT- SCHOOL READINESS

FOR MORE INFORMATION PLEASE CONTACT US AT 928-776-9285

NACOG HEAD START AND EARLY HEAD START: certified in Peer Support Serving children 0- 3 and pregnant woman. To request an application call: 928-774-9504 ext 1104.

<https://nacog.org/>

Kinship Support Groups: Are you caring for a child in your home. Check out these free kinship support groups designed to build perseverance in the midst of commotion.

Grandparent Support Group: [Mount Airy Grands — Supporting Grandparents who support Grandchildren](#)

Kinship Connections: Call or text Jennifer at (928) 273-3388 or email her at aliveinnature@gmail.com.

All Babies Cry: need of support Tried and true tips for comforting your newborn (and yourself) <http://allbabiescry.com/>

WARM LINES – TALK TO A LIVE PERSON

- **NAZCARE Warm Line 1-888-404-5530 is now open 11am-10:30pm 7 days a week**
If you are in need of support, feeling overwhelmed, or just want to talk, our caring staff are available to provide non-judgmental and confidential telephone services. Warm Line staff are certified in Peer Support Training, and experienced in discussion and support related to a broad range of issues surrounding wellness and recovery.
- **Birth to Five Helpline! 877.705.KIDS(5437)**

We made it easy to contact the Birth to Five Helpline! Now, with the touch of your finger, you can call, text or email your questions or concerns to our early childhood professionals!

Visit the [Apple App Store](#) or [Google Play](#) to download the Birth to Five Helpline app today!

Our specialists can also offer Zoom video calls to anyone in the state with [children under the age of 1](#), to provide face-to-face interaction to help meet families' needs.

LISTEN TO STORIES

- **Audible Stories**

Free audio books entertain, engage, and inform young people, ages birth to 18. The experience is completely free – no log-ins, credit cards, or passwords required. Just click, stream and listen. There are selections for our listeners in English, Spanish, German, French, Japanese and Italian.

<https://stories.audible.com/start-listen>

- **Unite for Literacy**

Our website has hundreds of non-fiction picture books created for young readers. Our site also can be accessed through our free app, available on iOS and Android called -

- **Unite Books** -- where families can read the books in our online library. We have picture books written in English and Spanish, and narrated in many different languages. www.uniteforliteracy.com

CREATE SOME ART

- **Lunch Doodles with Mo Willems**

Mo Willems invites YOU into his studio every day for his LUNCH DOODLE. Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo's studio virtually once a day for the next few weeks. Grab some paper and pencils, pens, or crayons and join Mo to explore ways of writing and making together. If you post your art to social media, be sure to hashtag it with **#MoLunchDoodles!**

New episodes will be posted each weekday at 1:00 p.m. ET and then remain online to be streamed afterwards. Check back each weekday for new LUNCH DOODLES!

<https://www.kennedy-center.org/education/mo-willems/>

OUTDOOR ADVENTURES

- **Family Trails**

A collection of adventure stories written by families like yours. Be inspired to create your own adventure! <http://www.familytrails.com/>

ACADEMICS

- [Free, Printable Daily Schedule](#) – The one you saw flying around on social media the first few days of social distancing

Vroom

- Offers a variety of tools available to download for **free**, as well as a mobile app that provides easy access to daily “brain building” activities. **Vroom** was developed with input from early childhood experts, neuroscientists, parents, and community leaders, as well as the Center on the Developing Child.
<https://www.vroom.org/tools-and-resources>
- **Arizona PBS**
Arizona PBS and PBS have curated FREE, standards-aligned videos, interactives, lesson plans, and more.
<https://az.pbslearningmedia.org/>
Resources in Spanish <https://ket.pbslearningmedia.org/collection/exploraciones/>
- **Reading Rockets**
Reading Rockets is a national public media literacy initiative offering information and resources on how young kids learn to read, why so many struggle, and how caring adults can help. We bring the best research-based strategies to teachers, parents, administrators, librarians, childcare providers, and anyone else involved in helping a young child become a strong, confident reader. Our goal is to bring the reading research to life — to spread the word about reading instruction and to present "what works" in a way that parents and educators can understand and use. <https://www.readingrockets.org/audience/parents>
- [Bedtime Math](#) – fantastic resource for helping children to handle numbers skillfully, while making it FUN!
- [BrainPop](#) – offering FREE access during quarantine! Make any room a classroom. This is an amazing opportunity.
- [National Geographic](#) – kids site.
- [Scholastic](#) – Learn at home lessons from Pre-K to Grade 9
- [Massive Collection](#) of Educational lessons, organized by institution in a spreadsheet.
- [PBS Newshour](#) – lesson plans and resources for 6th – 12th grade.
- [Share my lessons](#) – lesson plans for homeschooling you can use today.
- [Mango Math](#) – FREE top quality math lessons.
- <http://scitechinstitute.org/2020-quarantine-resource-page/> - parent and education resources
- [School Library Journal](#) – A Mini Clearinghouse on Coronavirus resources created by two school librarians

SOCIAL MEDIA EDUCATION CONNECTIONS

- [Junior Achievement](#) – Instagram Live lessons and other online lessons!

- [Facebook Group – Mind Full of Brilliance](#) – fantastic group for anyone to join at anytime, and A+ resources being shared for K-12 and College.

AT HOME ACTIVITIES

- **Ready Rosie**
- With the growing impact of the COVID-19 virus, we are developing this free toolkit as a resource to support families with information and resources for supporting the children in their care. <https://readyrosie.com/en/healthyathome/> Click on the “Learning at Home” tab
- **National Center for Families Learning** <https://30days.familieslearning.org/>
NCFL’s guide to 30 Days of Families Learning Together provides a month’s worth of family literacy activities and practices designed to inspire family memories rooted in imagining, playing, and learning together. These hands-on and wonder-filled activities were hand-selected from our signature programs, [Wonderopolis](#) and [Family Time Machine](#).
- **Wonderopolis**
Welcome to Wonderopolis®, a place where natural curiosity and imagination lead to exploration and discovery in learners of all ages. Each day, we pose an intriguing question—the Wonder of the Day®—and explore it in a variety of ways. <http://www.wonderopolis.org/>
- **Family Time Machine**
The **Family Time Machine™** is fueled by your family's imagination! It recharges its batteries when your family turns moments of togetherness into family time by learning, imagining and playing. From breakfast to bath time to bedtime, your family already spends time together throughout the day. <http://www.familytimemachine.com/>

CONVERSATION GUIDES

- [Mr. Rogers](#) is a comforting voice to many. From the Fred Rogers Center, “talking with children about Cornoavirus
- [PBS Kids guide](#) for talking to younger kids about the coronavirus
- [PBS Kids guide](#) for talking to younger kids about tragic or scary events in the news
- [National Association of School Psychologists](#) (NASP) guide for talking to kids about COVID-19
- [NPR guide](#) for talking to kids about scary events in the news
- [Morningside Center](#) guide for talking to students about the coronavirus
- [Morningside Center](#) guide for addressing bias and bullying in response to the novel coronavirus

Virtual Story times

- 11:00 a.m. -- [Stay at Home Story Time, a ~20 min. picture book read-aloud with](#)

[Oliver Jeffers \(*Lost and Found* author\)](#) (Instagram Live @oliverjeffers, uploaded to YouTube after)

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- 10:00 a.m. -- [DC Kids Camp, interactive videos and art lessons from DC Comics middle grade artists and authors like Meg Cabot, Shannon Hale, and Gene Luen Yang](#) (Twitter @dccomicskids, Instagram @dckids)
- 11:00 a.m. -- [Draw Every Day with JJK, a ~20 min. drawing lesson with Jarrett J. Krosoczka \(*Lunch Lady* graphic novel series\)](#) (YouTube @ Jarrett J. Krosoczka— author & illustrator)

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- 6:00 a.m. -- [Music classes from Jam with Jamie \(also uploaded for later viewing\)](#)
- 8:00 a.m. -- [Daily music, movement, yoga classes, and more for pre-K/young kids from Union City Play in New York City](#)
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Teens

- 3:30 p.m. -- [Talk About Real Things, a 15 min. daily livestream for teens around mental health](#) (Well Being Teens)
- Our own, local Launch Pad Teen Center has Zoom programming. [Register to participate](#) in free, daily programming.

Additional Resources

- [Arizona Together](#) State of Arizona resource page
- [DCS Covid-19 response](#) Information for Foster, kinship and bio families
- [Double Up Food Bucks](#) Double up food bucks for families with SNAP benefits
- [Yavapai Libraries](#) – Updated daily services available at libraries throughout Yavapai
- For members of the **LGBTQ+ Community** and their family members, connect to www.az-gycc.org to learn more about GYCC. They are a great community resource to connect to groups, social activities and support; this includes emergencies. To contact, email gyccinfo@gmail.com. They are very responsive and usually respond quickly. They can help connect to a variety of supports. Additionally, for virtual LGBTQ+ connection, Equality AZ is doing a variety of virtual meetings and activities. Visit www.equalityarizona.org to view their calendar.
- **BIRTH TO FIVE HELPLINE:** We encourage you and the families you work with to **call or text the Birth to Five Helpline at 877-705-KIDS (5437)** with questions or concerns about young children and for assistance in finding resources or getting community referrals. The Birth to Five Helpline

specialists are speaking with parents, caregivers and professionals about supporting children around the challenges presented by COVID-19 and assisting them with a range of needs during this especially difficult time. You **may also submit questions online** at www.birthtofiveline.org. Due to the number of calls being handled, you may need to leave a voicemail. Please be sure to leave your name AND phone number on that message and a Helpline specialist will respond as soon as possible.

- **HATCH EARLY LEARNING**, the early childhood education technology thought leader, is excited to offer Ignite@Home to families at no charge (for a limited time). Ignite@Home is a powerful digital learning platform for children, from 28 months to Kindergarten. Based on extensive research, Ignite by Hatch includes 203 play-based learning experiences covering seven domains of learning, from social-emotional development to phonics and math. With Ignite@Home, Hatch helps parents ensure developmentally appropriate, standards-based learning can continue at home.
Parents, [click this link](#) to get started. Use Code: MHU2020
- **GEE WHIZ EDUCATION:** Easter is on the way and we thought you may like some hands-on experiences to do with your children. Our new, complimentary “Chicks, Bunnies and Eggs... Oh My!” Teaching Guide has fun, easy activities to do with all ages ... from infants through school-age. If you do not celebrate Easter in your program, no worries! Many of these experiences can simply be focused on bunnies, chicks and eggs. Get your “chicks, bunnies, and eggs” teaching guide by following this link: <https://geewhizeducation.com/tools-for-providers/seasonal-holiday-activities/>
You can also find this material by looking under the “FCC Tools” tab on our website www.geewhizeducation.com. Just look under “Seasonal & Holiday Activities.”
- **ENGAGING YOUNG CHILDREN IN VIDEO CHATS** – physical distancing means we’re using video chat platforms a lot more to maintain social closeness. A few resources for engaging young children in the process.
- **NAEYC** National Association for the Education of Young Children – Ideas for making video calls more interactive as well as links to digital media apps that support learning
- [5 video chatting tips for babies and toddlers](#) – personal blog

Games to play

From: “Romper”, Author Ashley Jones, March 19, 2020

Ask 20 Questions

A good, old-fashioned phone call might be boring for kids, but you can ramp up any conversation with a rousing game of 20 Questions. Here’s how it works: One person thinks of an object or topic and writes it down. Then, the other person asks questions to determine what they’re thinking of until they reach the maximum of 20 questions or until they figure out the object/topic that the other had in mind. To make it a little easier for younger kids, you can stick to a category to choose things from like animals or foods.

Play Truth Or Dare

The game Truth or Dare doesn’t have to be intense, and it can be played through video chat or text. Dares like eating a bowl of ice cream for breakfast or doing jumping jacks are perfect for kids and

grandparents to challenge each other to do. And, the truth questions can really open up conversations with questions like, "What's the best TV show of all time?" or "What's the worst job you've ever had?"

Guess How Many

Have your kids fill a clear jar with small items from your home. Dry beans, M&Ms, marshmallows, coins — pretty much anything that fits will work. Then, send a photo to friend/family and ask them to guess how many of the items are in the jar. Once they send back their guess, your kids can empty the jar and count the items to see how close their grandparents got. Next time, it can be the grandparents' turn to fill up a jar and the kids' turn to guess.

Play Hide-And-Seek

This fun take on hide-and-seek can work over text or phone, but it's probably more exciting via video chat. Friends/family you're calling can let you know where to hide a treat (think candy or a coupon for extra dessert) somewhere in your home. Then, the person you're calling can either text clues to your child or walk them through clues on the phone or by video until your kid finds their surprise treat hidden at home.

Write A Story Together

Take turns writing an "add-on" style story together. Basically, one will start by writing either a sentence or a paragraph (depending on your child's abilities), email it to the other, and then they will add the next sentence or paragraph. Repeat until an entire story is written, and then video your child reading the co-written story out loud to send back to the person they wrote it with.

Play Charades

Charades is one of those classic party games that is perfect for playing on a video call. Take turns acting out things from specific categories like different animals, sports, or movies while the other guesses what they are acting out.

Have Show-And-Tell

Just like they do at school, kids can have a blast during a video show-and-tell session with their grandparents. Have your kids pick an item that is special to them and let them show it off and tell their grandparents all about it via FaceTime. Then, your friend/family you're calling can take a turn and show your child an item that is special to them.

Have A Dance Party

If your kid loves to move and groove, a video call is the perfect time to show off their sweet skills. Have your child turn on their favorite song and let them dance along while their friends/family on the other end watch. Invite them to join the dance.

Use Flash Cards

If you feel up to the task, create flash cards to help kids learn numbers, colors, shapes, letters, sight words, math facts, and the like. You could also print out [free flashcards](#) from online or order a pack of [flashcards from Amazon](#). Over a video call, kids can be quizzed with the flashcards to help them learn. This can also help parents tackle those pesky homeschool lessons.

Have A Tea Party

If you have a little one who just loves a good tea party, let them invite someone to have tea virtually. Set up a tea party with stuffed animal friends, a tea set (both imaginary tea and real tea works for this), and have kids and friends/family dress in their finest tea time attire.

Go For A Walk

When you have the opportunity to get out of the house and take a walk (keeping your distance from others, of course), dial up a video call and take a virtual walk with a friend or family member. Your kids can show birds, squirrels, sticks they pick up, and anything else they notice on the walk.

Play Simon Says

Another fun game to play over a video call is Simon Says. Take turns being Simon and get ready to test each other's listening skills.

Sing Together

This is an especially fun thing to do with younger kids who love songs like "Itsy Bitsy Spider" or "Old MacDonald" that are easy to sing along to. If your kids are older, ask the person you're calling to pick a song from their own childhood to teach. Think of it as an impromptu homeschool music class. Alternatively, older kids could introduce new songs and learn the words together.

Virtual Fun for Kids and families (and the kid in all of us who also needs some relief)

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