**Parent Resources:**

We at ORCCC hope you are all well.  This is a trying time for all of us but we will get through this together. We have complied a list of resources to help you navigate our new reality.

We miss you and your children tremendously.

Stay healthy!

ORCCC Staff

**Here are some websites and other outlets to explore:**

* PBS
* Netflix offering educational programing
* Prime Video offering educational programing
* Some local and national entertainers and authors are offering live performances on Facebook. Big Joe is one who is doing this (our children love Big Joe)
* <https://kidlutions.blogspot.com/2020/03/why-routines-matter-safety-above-all>
* [https://pbskids.org/daniel/games/guehttp://www.scholastic.com/earlylearner/parentandchild/feelings/feelinggame.htm](https://pbskids.org/daniel/games/guehttp%3A/www.scholastic.com/earlylearner/parentandchild/feelings/feelinggame.htm)
* <https://www.storylineonline.net/>
* <https://vooks.com/parentresources>  (these are story books that we use at school, children are familiar with many)
* <https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

**Some daily tips:**

* Maintain a schedule
* Get outside and have fun while observing social distancing
* Exercise daily
* Take time for yourself (We know this is difficult since many of you now need to work from home and take on the role of your child's teacher, BUT so IMPORTANT)
* Adhere to CDC health guidelines
* Connect with family and friends
* Make the most of this time we have been given with our families

**About the emergency order:**

Governor Baker issued an emergency order extending the temporary closure of all non-emergency childcare programs until May 4 in an effort to prevent the further spread of COVID-19 in the Commonwealth. More information is forthcoming. Please check back regularly for updates.

EMERGENCY CHILD CARE

Do not contact an emergency child care program unless you require emergency, back-up, drop-in care. Parents and guardians working from home are not a priority for emergency child care. Likewise, if you have alternate child care, such as friends or family, you should not contact these programs. [In light of Governor Baker's March 23 emergency order](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.mass.gov_doc_march-2D23-2D2020-2Dessential-2Dservices-2Dand-2Drevised-2Dgatherings-2Dorder&d=DwMFaQ&c=n4nxo_3wbMT6jcMjwPfD0w&r=FBpOHa79TBURKhNGq3LyqWISYo2eDFz1bi9mx3_4t3o&m=5GSvW9oIaQBGPODPkgvNN1PYZDMgM3me3gijJHWJnRg&s=N7gRZwFIjdIYsQL11WBWQUCgWFsjdRbuirZTZ8uw87I&e=), EEC is updating its guidance to explain that priority access to emergency child care will be given to vulnerable children and the children of families designated as "[COVID-19 Essential Workforces,](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.mass.gov_info-2Ddetails_covid-2D19-2Dessential-2Dservices&d=DwMFaQ&c=n4nxo_3wbMT6jcMjwPfD0w&r=FBpOHa79TBURKhNGq3LyqWISYo2eDFz1bi9mx3_4t3o&m=5GSvW9oIaQBGPODPkgvNN1PYZDMgM3me3gijJHWJnRg&s=5U6jHQwWif3UJNdWnYZsnPnQD46z7hHktrcPOHLmRU8&e=) " with emphasis on those in the health care, public health, and human services and law enforcement, public safety, and first responder fields. To slow the spread of the coronavirus, all families should keep children out of group care settings to the greatest extent possible. Emergency Child Care Programs are for when all other non-group-care settings have been exhausted and families have no other options.

* [https://www.mass.gov/orgs/department-of-early-education-and-care](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.mass.gov_orgs_department-2Dof-2Dearly-2Deducation-2Dand-2Dcare&d=DwMFaQ&c=n4nxo_3wbMT6jcMjwPfD0w&r=FBpOHa79TBURKhNGq3LyqWISYo2eDFz1bi9mx3_4t3o&m=5GSvW9oIaQBGPODPkgvNN1PYZDMgM3me3gijJHWJnRg&s=yQnMxV8ju-SZ3QnIIcBWFaHjB9-t5iL9hUKi7g2lhTc&e=)
* [https://www.mass.gov/](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.mass.gov_&d=DwMFaQ&c=n4nxo_3wbMT6jcMjwPfD0w&r=FBpOHa79TBURKhNGq3LyqWISYo2eDFz1bi9mx3_4t3o&m=5GSvW9oIaQBGPODPkgvNN1PYZDMgM3me3gijJHWJnRg&s=GE7pAeb3Vm1rqgPufJwAJnuyCC4dszBSGHw82CnFtD4&e=)
* [*https://*www.mass.gov*/*unemployment-insurance-ui-online](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.mass.gov_unemployment-2Dinsurance-2Dui-2Donline&d=DwMFaQ&c=n4nxo_3wbMT6jcMjwPfD0w&r=FBpOHa79TBURKhNGq3LyqWISYo2eDFz1bi9mx3_4t3o&m=5GSvW9oIaQBGPODPkgvNN1PYZDMgM3me3gijJHWJnRg&s=wAI6SuAKeFKtzDVz2_sEH5Ci0-eiPiMkr_d0kki4FB8&e=)
* [https://www.cdc.gov/](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.cdc.gov_&d=DwMFaQ&c=n4nxo_3wbMT6jcMjwPfD0w&r=FBpOHa79TBURKhNGq3LyqWISYo2eDFz1bi9mx3_4t3o&m=5GSvW9oIaQBGPODPkgvNN1PYZDMgM3me3gijJHWJnRg&s=_S5AQ2MDEYPLaBFV8UgsYjQ_KkvSYkHokuUcX7UVxK8&e=)
* **https://**[store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886](https://urldefense.proofpoint.com/v2/url?u=http-3A__store.samhsa.gov_product_Coping-2Dwith-2DStress-2DDuring-2DInfectious-2DDisease-2DOutbreaks_sma14-2D4885https-3A__store.samhsa.gov_product_Talking-2DWith-2DChildren-2DTips-2Dfor-2DCaregivers-2DParents-2Dand-2DTeachers-2DDuring-2DInfectious-2DDisease-2DOutbreaks_SMA14-2D4886&d=DwMFaQ&c=n4nxo_3wbMT6jcMjwPfD0w&r=FBpOHa79TBURKhNGq3LyqWISYo2eDFz1bi9mx3_4t3o&m=5GSvW9oIaQBGPODPkgvNN1PYZDMgM3me3gijJHWJnRg&s=OKhH4OLJnF5Vr2dii1uL0ZWey1rR3GB4XuJHW6ZD-5w&e=)

**Other resources:**

* [https://m.youtube.com/watch?v=sjDuwc9KBps](https://urldefense.proofpoint.com/v2/url?u=https-3A__m.youtube.com_watch-3Fv-3DsjDuwc9KBps&d=DwMFaQ&c=n4nxo_3wbMT6jcMjwPfD0w&r=FBpOHa79TBURKhNGq3LyqWISYo2eDFz1bi9mx3_4t3o&m=5GSvW9oIaQBGPODPkgvNN1PYZDMgM3me3gijJHWJnRg&s=1vRI9svZuRyBzthsbxXbG5olbhV-M7WOeuNouZbCjfU&e=)
* [http://janetlansbury.com/](https://urldefense.proofpoint.com/v2/url?u=http-3A__janetlansbury.com_&d=DwMFaQ&c=n4nxo_3wbMT6jcMjwPfD0w&r=FBpOHa79TBURKhNGq3LyqWISYo2eDFz1bi9mx3_4t3o&m=5GSvW9oIaQBGPODPkgvNN1PYZDMgM3me3gijJHWJnRg&s=CWXZBE2Th99VoKCb75TGj160J_juXIWbs-WbBZ53skA&e=)
* **NEGATIVE BEHAVIOR**

[https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.janetlansbury.com%2F2018%2F03%2Fchild-seems-stuck-seeking-negative-attention%2F&h=AT15UmbkL5KAD4zwgXETcIRVl9d8V770eVH0Hh5A1i2zLU2AMI-3PLJYIcClsAhyPeHJGaKSSjljaNMOzbwl6y7gkUZRzVSfdv7aSD1BRXhtXZ2Y2c6SNRG1aornnIW8o3nl7yKeIta8&s=1](https://urldefense.proofpoint.com/v2/url?u=https-3A__l.facebook.com_l.php-3Fu-3Dhttps-253A-252F-252Fwww.janetlansbury.com-252F2018-252F03-252Fchild-2Dseems-2Dstuck-2Dseeking-2Dnegative-2Dattention-252F-26h-3DAT15UmbkL5KAD4zwgXETcIRVl9d8V770eVH0Hh5A1i2zLU2AMI-2D3PLJYIcClsAhyPeHJGaKSSjljaNMOzbwl6y7gkUZRzVSfdv7aSD1BRXhtXZ2Y2c6SNRG1aornnIW8o3nl7yKeIta8-26s-3D1&d=DwMFaQ&c=n4nxo_3wbMT6jcMjwPfD0w&r=FBpOHa79TBURKhNGq3LyqWISYo2eDFz1bi9mx3_4t3o&m=5GSvW9oIaQBGPODPkgvNN1PYZDMgM3me3gijJHWJnRg&s=yz3xAqCgbemGfosuE4hoixCQjsvA9ufBbrLdfBjptBI&e=)

* **CHOOSING YOUR BATTLES**

[https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.janetlansbury.com%2F2016%2F09%2Fchoosing-your-battles-with-a-controlling-child%2F&h=AT2nrdN1b3SbHblMNcHbyWCp4-truHNEXRmVgxe32QH7DjZUTMiAl38t5f2VD78Bsg9iDDSMEJ8GPGmwVAD-swWhdmzE0YWrSXSyPAoJjYNEsnWaFpbx5YsmGrTcW2eT1-bcUsbeIwq1&s=1](https://urldefense.proofpoint.com/v2/url?u=https-3A__l.facebook.com_l.php-3Fu-3Dhttps-253A-252F-252Fwww.janetlansbury.com-252F2016-252F09-252Fchoosing-2Dyour-2Dbattles-2Dwith-2Da-2Dcontrolling-2Dchild-252F-26h-3DAT2nrdN1b3SbHblMNcHbyWCp4-2DtruHNEXRmVgxe32QH7DjZUTMiAl38t5f2VD78Bsg9iDDSMEJ8GPGmwVAD-2DswWhdmzE0YWrSXSyPAoJjYNEsnWaFpbx5YsmGrTcW2eT1-2DbcUsbeIwq1-26s-3D1&d=DwMFaQ&c=n4nxo_3wbMT6jcMjwPfD0w&r=FBpOHa79TBURKhNGq3LyqWISYo2eDFz1bi9mx3_4t3o&m=5GSvW9oIaQBGPODPkgvNN1PYZDMgM3me3gijJHWJnRg&s=Y6mk4zwKhFbvel7dQ_LNnbHtJhb6xu5pPHiorqoTVpQ&e=)

* **WELLNESS**

[https://l.facebook.com/l.php?u=https%3A%2F%2Fchildhood101.com%2Fyoga-for-kids-a-walk-through-the-garden%2F&h=AT1d0HMfV4lqlvHgWzIeJdUyQkcW1KG7Vzp5LWg4ZOCBKaS0cjN1Lwoj9zeDmGBoNdVD1wknbH85fwA4LcCMqnqde2d8nkzx-zxe39FkbVsyM0nCVGPfVYbQ4-bp\_mko1LUNj0CXvERi&s=1](https://urldefense.proofpoint.com/v2/url?u=https-3A__l.facebook.com_l.php-3Fu-3Dhttps-253A-252F-252Fchildhood101.com-252Fyoga-2Dfor-2Dkids-2Da-2Dwalk-2Dthrough-2Dthe-2Dgarden-252F-26h-3DAT1d0HMfV4lqlvHgWzIeJdUyQkcW1KG7Vzp5LWg4ZOCBKaS0cjN1Lwoj9zeDmGBoNdVD1wknbH85fwA4LcCMqnqde2d8nkzx-2Dzxe39FkbVsyM0nCVGPfVYbQ4-2Dbp-5Fmko1LUNj0CXvERi-26s-3D1&d=DwMFaQ&c=n4nxo_3wbMT6jcMjwPfD0w&r=FBpOHa79TBURKhNGq3LyqWISYo2eDFz1bi9mx3_4t3o&m=5GSvW9oIaQBGPODPkgvNN1PYZDMgM3me3gijJHWJnRg&s=7fEm8tZha1jKceq7WNeqmjUanCueGb7GpZlge3Aytog&e=)