Remote school instruction and virtual learning are likely to continue for many children this fall. Many reopening school plans will rely on hybrid learning schedules, where students attend schools on alternating days of the week and learn from home on the other days. The below resources may offer help in supporting parents who may need to continue to work from home, while also helping their children with remote learning or finding alternative childcare solutions.

*It is important to remember that work-life services provides you with referrals, not recommendations. The quality of the providers cannot be ensured by work-life services or by your employer. The work-life resource and referral program is designed to educate employees about their options, knowing that only you can decide what is best for your family.*

[Healthy Children.org](https://www.healthychildren.org) is an organization developed by the American Academy of Pediatrics. It’s an online education source that offers insight regarding a variety of health topics for children, including multiple resources related to COVID-19.

- Return to School During COVID-19
- Age-Based Tips to Help Juggle Parenting and Working from Home During COVID-19
- Working and Learning from Home during the COVID-19 Outbreak

For those parents whose child’s school will not be reopening, they are facing the task of keeping their school-aged child engaged with remote learning. Countless online resources offer tips and strategies for helping parents work from home and provide education support for their student. The below web links are just some examples of the many learning resources available:

- Resources for Learning at Home (US Department of Education)
- Common Sense published information regarding a list of recommended apps and sites for students
- Help Children Learn at Home (CDC)
- Teaching Kids at Home
- When School is Closed: Resources to Keep Kids Learning at Home

Parents may be worried about their children falling behind if school is kept on a remote platform. Those seeking educational support for their students can look into hiring a tutor to offer one-on-one coaching or find out if any local tutoring centers are open. Some tips regarding hiring a tutor include:

- Tutor Hiring Safety Tips
- How to Hire a Tutor

On-going school closures have resulted in more children needing childcare, if parents are unable to stay home. With the school year supposedly starting soon, some cities in the United States have proposed sponsored childcare programs to care for some of the children in the fall, when students will only attend
school physically 1-3 days a week. If seeking childcare options outside the home, the below articles can offers some guidance in choosing a daycare provider:

- Choosing Child Care
- Choosing Quality Child Care for Your Children
- Choosing a Child Care Center
- Quality Checklist for Choosing Child Care

In the event families still need childcare and local childcare providers are closed or unavailable, and parents are required to work outside the home, there are online search tools that allow families to locate individual caretakers to provide care in the home:

- Care.com
- SitterCity
- eNannySource

Supporting the mental health of children and teens is important to parents, as well as teachers. The CDC, Unicef and Health Children.org has helpful articles that may assist families in dealing with the effects of COVID-19.

- Returning to School After an Emergency or Disaster: Tips to Help Your Students Cope
- Supporting Your Child’s Mental Health as they Return to School During COVID-19
- What Will a Return to School During the COVID-19 Pandemic Look Like?
- How to Help Children Build Resilience in Uncertain Times
- Mental Health During COVID-19: Signs Your Teen May Need More Support
- Mood Boosting Tips for Families During the COVID-19 Pandemic

Parents may continue to be worried about finances, with the possibly of having to pay for additional childcare or education expenses. The below information provides links to federal programs that may offer assistance.

- USA.gov is an official website of the United States Government and offers a detailed list of all federal agency responses to Coronavirus (COVID-19). Please visit the website for a full listing.
- 2-1-1 is part of the Federal Communications Commission and provides information on essential community services, including local agencies offering various financial assistance programs.
  - To find out whether 211 services are offered in your area and to obtain more information, visit 211.org.

For further information and for customized research into childcare or education options, please contact the Work-Life program.