

Highline Parents Helping Highline Parents: Resources for Kids During COVID-19 School Closures

*Compiled by Highline Librarians (Allison Reibel, Hara Brook, and Samantha Sermeño)
and Monica LeMoine, English Faculty*

A reminder from publichealthinsider.com: “This is not the time to beat ourselves up for not being the “best” parent but rather to give ourselves grace as we parent through a global pandemic crisis.”

FACULTY AND STAFF: Feel free to disseminate this resource list (and/or use or modify it) to Highline students juggling school and/or work along with kids at home. These are just a few of the excellent resources available for educational, physical, and mental/emotional health activities for children at home during the current COVID-19 school closures. This list was compiled by fellow Highline colleagues who are, like many of our students, are navigating working/studying from home while also managing school-aged children. Special thanks to Tommy Kim, Angie Meyer, Liz Word, and Tarisa Matsumoto-Maxfield for contributions.

Dear Highline College Students with Kids at Home:

Hello from Hara and Monica! We are Highline College employees and **ordinary moms of young kids**. Like you and many other students, faculty and staff, we are “learning as we go” in trying to create a safe, healthy home environment for our children while working/studying during COVID-19 school closures. *It's not easy --- we get it!* There are many resources for parents; this is just a sampling of some things that have helped us. Feel free to use any of these that might be useful and inspiring as you juggle kids and college.

First, Some Words from HC Faculty with Kids...



From Hara (Reference Librarian): *“I’m working in my living room and it’s like Grand Central Station in here at times. I need a cloak of invisibility! My two teens are doing fine with a rough schedule of schoolwork and chores. I take a walk every day after working.”*



From Tarisa (Diversity & Globalism and English): *“My kids enjoy typingclub.com. It's a free website that helps students learn to type correctly so that they can type on a keyboard accurately and quickly”*



From Monica (English): *“My kids are 5 and 10. P.E. with Joe Daily 30-Minute Kids Workouts (youtube) have been a lifesaver for my active, high-energy boys. Epic - getepic.com - is a great book-reading site that my 10-year-old loves.”*



From Liz (Communications Faculty): *“During this time I am being conscious of the anxiety my 9 year old daughter is having about The Virus. We are limiting the amount of news that is on in the house and we are having real conversations about how our family can work as a team to keep each other motivated.”*



From Angie (ESL Faculty): *“My kids do better with a routine, so we try to keep the same schedule Monday through Friday with breaks after 45-60 minutes of work. Also, we just do what we can in that time, and then let them be creative or play outside. The kids have also been helping by doing more chores and cooking.”*



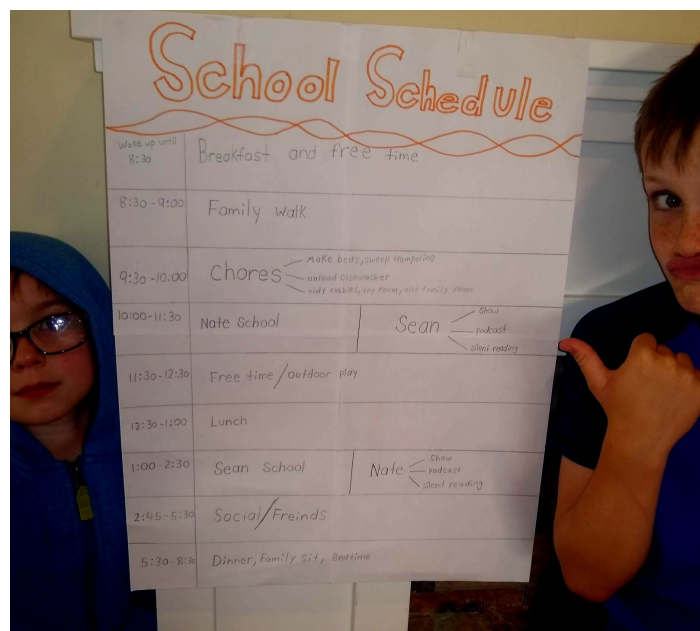
From Tommy (Film Studies & English Faculty): *“My boys are 7 and 9. What works best for us is a flexible routine. For example, after breakfast until 11:00, the kids read for 1 hour, do 30 minutes of math, and 30 minutes of art (drawing, legos, etc.). That's about two hours of “work.” The remaining time, about an hour, can be spent doing whatever they want. It's up to them how they want to divide the time -- they can do all their work first and then have a long stretch of free time or vice versa.*

Remote/Online Learning at Highline with Kids

A reminder from publichealthinsider.com: “This is not the time to beat ourselves up for not being the “best” parent but rather to give ourselves grace as we parent through a global pandemic crisis.”

[Northwestern University](https://www.northwestern.edu) suggests, for successful online learning: **planning ahead, avoiding multitasking, setting up a virtual office, and blocking out distractions.** When you’re studying online at Highline College with kids at home, this might mean:

BRAINSTORM: Consider the needs of everyone in the family, and create a weekly schedule that meets those needs. What do you, your kids, and any other family members need for mental, physical, and social-emotional health? Brainstorm a list for each person (that might include time to study, work, exercise, be alone, learn, etc).



PLAN & SCHEDULE: Create a weekly schedule that includes distinct blocks of time for each person to get those needs met - including “YOU TIME” for doing school. For you, that ideally means time without distraction to study, read required materials, type discussion forum posts, do online quizzes, engage in Zoom conversations or lectures, proofread and check your work, etc. This should be a “virtual office” space - anyplace where you can get Internet access and work distraction-free.

SET THE STAGE FOR INDEPENDENT KID WORK: During “YOU TIME” to do school, set up your kids for independent activities that meet their needs, if you can (or if you have another family member to help facilitate). That might be some of the resources below, house chores that are age appropriate (such as making beds, wiping down countertops, etc).

K-12 Education & “Kids at Home” Management

Homework Translation Help! [Microsoft Free Translation Resources for Parents](#) - free Apps for English Language Learner (ELL) parents needing support with translating kids' homework text, parent-teacher conferences, and other voice/written texts needing translation into a wide variety of languages

Keeping it real! Weiner, Jennie. “I Refuse to Run a Coronavirus Home School.” *The New York Times*, 19 Mar. 2020. <https://www.nytimes.com/2020/03/19/opinion/coronavirus-home-school.html?smid=em-share>

School's Out: A Parent's Guide for Meeting the Challenge During the COVID-19 Pandemic <https://nyulangone.org/news/schools-out-parents-guide-meeting-challenge-during-covid-19-pandemic>

Other:

[Typingclub.com](#) - online typing program for kids learning how to type

[Getepic.com](#) - Epic, a reading and learning website with access to thousands of kids books

<https://www.edutopia.org/> -

Our Foundation [George Lucas Educational Foundation] is dedicated to transforming K-12 education so that all students can acquire and effectively apply the knowledge, attitudes, and skills necessary to thrive in their studies, careers, and adult lives. Founded by innovative and award-winning filmmaker George Lucas in 1991, we take a strategic approach to improving K-12 education through two distinct areas of focus: Edutopia and Lucas Education Research.

<https://www.common sense media.org/> - Common Sense Media provides expert reviews and hand-picked lists for quality entertainment and tech.

<https://www.pbs.org/parents/learn-grow> - fun and educational activities from PBS for the whole family.

[Khanacademy.org](#) - nonprofit with free learning schedules for students aged 4-18, as well as free courses in math, science, engineering, and more.

[We Need Diverse Books - CORONA resources for families](#) Resources for youth/family authors, publishers, booksellers, teacher/educator, and family learning-literacy engagement resources (with links)

Games and Activities

<https://www.seattleschild.com/> - things to do virtually and indoors, parenting information and other resources. For example, this page has lists of podcasts, art activities such as links to videos to doodle with artist Mo Willems, and streaming music including live broadcasts of the Seattle Symphony.

[Calming podcasts, art and music for kids that you can find online](#)

[National Ocean Service](#) - videos, games, and activities for kids from NOAA, related to climate change, weather, and more

[P.E. with Joe](#) - 30 minute daily P.E. workouts for kids stuck at home

[Seattle Children's Museum e-Learning](#) - virtual programming (stay tuned to the web site or social media for upcoming programming).

[Seattle Symphony Live](#) - enjoy musical broadcasts from the Seattle Symphony. Includes music for tiny tots.

Arts and Crafts

[Jerrettlener.com](#) - Writer and illustrator Jerrett Lerner creates comic-making and drawing activities

[Lunch Doodles with Mo Willems](#) - Youtube videos with illustrator Mo Willems (Don't Let the Pigeon Drive the Bus) sharing drawing lessons and tips

Storytimes & Art Times

[Tell Me a Story](#) - Interactive stories, rhymes, and songs from King County Libraries (no library card needed)

[Storytimes from Space](#) - stories read by astronauts on the International Space Station, a project of the Global Space Education Foundation

Public Libraries

Online Library resources are always open! Homework help, streaming media, magazines, ebooks, audiobooks, online story times, book recommendations, and much more are available to patrons. Have your public library card handy.

[King County Public Library](#)

[Pierce County Public Library](#)

[Seattle Public Library](#)

Free meals for K-12 students by district during school closures

- [Auburn School District](#)
- [Federal Way Public Schools](#)
- [Highline School District](#)
- [Kent School District](#)
- [Tacoma Public Schools](#)

Childcare and Social Services

[United Way of King County](#) - COVID-19 resources including childcare, immigrant services, online learning and much more

[Childcare Resources](#)

Talking to Kids About COVID-19

[Just for Kids: A Comic Exploring the New Coronavirus](#) - includes printable comic in English and Chinese

[Talking with Children About Coronavirus Disease 2019](#) - advice from the CDC, in English and Spanish

Highline College

[COVID-19 FAQ](#)

[Virtual Support Services during spring quarter 2020](#)

[Resources for Student Remote Learning \(Opens in Canvas\)](#)

[Student Services Virtual Zoom Lobbies](#)

Highline College Library

[Remote Library Resources](#)

[Ask-a-Librarian](#)

[COVID-19 Resources](#)

[Guide to Teleworking](#)

GOT MORE IDEAS TO SHARE?

This is an evolving list - email mlemoine@highline.edu or hbrook@highline.edu with your ideas!