



Support for your family while you respond to COVID-19

Caring for your children: School and child care closures pose challenges for everyone working in health care. Ensuring the care of your children can be particularly challenging for single-parent households and for households where both parents work in health care. Some options to consider:

- Colleges and universities are suspending classes and medical schools are cancelling clinical rotations for medical students. Many schools are facilitating the connection of medical students with physicians to provide child care.
- Work with your practice staff or other physicians to rotate child care and clinical shifts.
- Look to neighbors and family members for assistance.
- [Check your local YMCA](#). In many communities, the Y is staying open to provide child care for essential workers.
- If you are employed, ask what your employer or community is doing to provide child care while you are caring for the community.

Working from home: If you provide telemedicine from your home, you may find it challenging to juggle parenting with patient care. Designate a private area as your home office. Set expectations with your family about when they can access you to diminish interruptions and maintain patient confidentiality.

Online resources to support your family: There are numerous free, online resources available to educate and entertain your family during this time. The AAFP has compiled some free resources to get you started.

Reading and language:

- While schools are closed, [Audible.com](#) is offering free streaming stories for students.
- [Librivox.org](#) offers a free library of audiobooks, recorded by volunteers, in several languages.
- [Project Gutenberg](#) offers 60,000 public domain eBooks free of charge.
- Check your local library website for free eBooks, audiobooks, magazines, music, and more.

Multiple subjects:

- [Scholastic Learn at Home](#) provides free resources and activities for grades pre-K through 9, with three hours of learning per day.
- [Khan Academy](#) offers schedule templates and self-paced, interactive content for students in every grade and in most major subjects. Parents can use their tools to monitor progress and assign work. Access their parent guide for details.
- [Swing Education](#) has compiled a list of free educational resources. This page is regularly updated.
- [Have Fun Teaching](#) is offering free downloadable “Coronavirus Relief Packs” for grades Pre-K through 5.
- This [virtual field trip list](#) shares more than two dozen websites include natural locations, zoos, museums, and cultural sites.

Math and science:

- [Legends of Learning](#) provides math and science games for grades 3 to 8. Parents may sign up for a free teacher account to structure assignments and track progress.
- [Mystery Science](#) is providing its most popular science lessons for grades K through 5 for free, with no sign in required.
- [Prodigy](#) offers free, game-based math learning for grades 1 through 8.

Computer science and coding:

- [Scratch](#), by MIT Media Lab, allows kids to program and share interactive media such as stories, games, and animation.
- [Code.org](#) has gathered resources for parents and teachers to support students in learning computer science from home. Resources include a weekly podcast, videos, courses, and smartphone coding apps.

Indoor and outdoor activities:

- [Family-friendly resources to inspire creativity and activity](#)
- [Indoor games for kids of all ages](#)
- [Outdoor games and activities for kids](#)
- [Simple outdoor activities](#)
- [Fun things to do with kids at home](#)
- [30 classic outdoor games for kids](#)
- [Gross Motor activities for preschoolers](#)
- [Create a sensory or activity path with sidewalk chalk](#)
- [Workout videos for kids and adults with daily PE videos](#)
- [Children's story-based yoga and mindfulness exercises](#)
- Search this [popular yoga channel](#) for the words **kid**, **teen**, or **beginner**.