

Parent Resource Guide

In-Home Learning and Mental Health Support



It's our business
to be there for you in the

**MOMENTS
THAT
MATTER.**



THE OBJECTIVE

The intent of this resource guide is to provide employees with a listing of helpful resources and links aimed to support in-home learning and to provide practical resources to help with mental health well-being.

Parent Resources for In-Home Learning

- › **Askateacher.com**
 - [Remote learning tips](#)
- › **Bright Horizons**
 - [Library of free resources for school - aged kids](#)
- › **Collaborative for Academic Social and Emotional Learning**
 - [Collaborative for Academic, Social, and Emotional Learning Collaborative for Academic, Social, and Emotional Learning \(CASEL\) SEL Resources and Guidelines for Educators, Parents, and Caregivers](#) external icon
 - [Confident Parents Confident Kids blog](#) - Jennifer Miller
 - [Caring for preschoolers at home](#) - Harvard Graduate School of Education
 - [Building positive conditions for learning at home](#) - American Institutes for Research
- › **CDC**
 - [Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers](#)
 - [CDC Stress and Coping During the COVID-19 Pandemic](#)
 - [CDC Parent Portal](#)

- [CDC Children's Mental Health](#)
 - [Bullying Prevention Resources external icon](#)
 - [Children and Youth with Special Healthcare Needs in Emergencies](#)
 - › **Kaiser Permanente Thriving Schools**
 - [Kaiser Permanente Thriving Schools Resources for Schools and Families Impacted by COVID-19external icon](#)
 - › **Khan Academy**
 - [Free in - home learning resources](#)
 - › **Learning Resources**
 - [Free learning resources by age group](#)
 - › **NEWSLEA**
 - [Distance Learning Tools](#)- Free access during this school year
 - › **The National Education Association**
 - [Resources for Online Learning During School Closures](#)
 - › **Outschool**
 - [Live Online Classes and Camps](#)
 - › **TEDEd**
 - [TedTalk - type videos aimed at sparking children's interests](#)
 - › **Today**
 - [101 free resources for in - home learning during COVID crisis](#)
 - › **US Department of Education**
 - [Webinar by the US Department of Education-Protecting Students Civil Rights during COVID 19](#)
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Mental Health Resources

- › **American Academy of Child and Adolescent Psychiatry**
 - [Resources for Helping Kids and Parents Cope Amidst COVID-19 \(American Academy of Child and Adolescent Psychiatry\)external icon](#)
- › **Child Mind Institute**
 - [Single Parenting During the Coronavirus Crisis](#)
 - [Supporting Families during COVID-19](#)

- › **Mental Health America**
 - [Mental health and COVID - 19 information and resources](#)
 - › **National Alliance on Mental Illness**
 - [COVID - 19 Information and Resources](#)
 - › **The National Association of School Psychologists**
 - [COVID-19 Resource Center](#)
 - [Care for Caregivers: Tips for Families and Educators](#)
 - › **The National Child Traumatic Stress Network**
 - [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(The National Child Traumatic Stress Network\)](#)external icon
 - › **National Federation of Families for Children’s Mental Health**
 - [Coping with COVID - 19](#)
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Mapping a Bright Future

MMA is committed to being there in the moments that matter and in these unique times, we are working to help you with the steps to get you on the road to recovery. To find more resources visit our dedicated resource page:

<https://mma.marshmma.com/coronavirus-outbreak-resource-page>.

This guide provides information on a number of resources which you and your employees might find useful. Marsh & McLennan Agency LLC (MMA) does not endorse or recommend any of the resource providers listed herein. While every effort is made to maintain current provider information, information may change without notice. This document is not intended to be taken as advice regarding any individual situation and should not be relied upon as such. Marsh & McLennan Agency, LLC shall have no obligation to update this publication and shall have no liability to you or any other party arising out of this publication or any matter contained herein. Any statements concerning actuarial, tax, accounting or legal matters are based solely on our experience as consultants and are not to be relied upon as actuarial, accounting, tax or legal advice, for which you should consult your own professional advisors. Any modeling analytics or projections are subject to inherent uncertainty and the analysis could be materially affective if any underlying assumptions, conditions, information or factors are inaccurate or incomplete or should change. Copyright © 2020 Marsh & McLennan Insurance Agency LLC. All rights reserved. CA Insurance Lic: 0H18131. MarshMMA.com