Parent Resources

- **Health and Safety**
  - [AgriLife](https://www.agrilife.org) – Health and Safety: First Line of Defense
  - [AgriLife](https://www.agrilife.org) -- Maintaining Health and Safety Practices
  - [AgriLife](https://www.agrilife.org) -- Safe and Healthy Children
  - [Center for Disease Control](https://www.cdc.gov) - Coronavirus Disease 2019 (COVID-19), Protect Your Family
  - [Coronavirus Resource Center](https://www.coronavirus.com) - Johns Hopkins University and Medicine
  - [Institute for Childhood Preparedness](https://www.instituteforchildhoodpreparedness.org) - Coronavirus Resources and Information
  - [Texas Health and Human Services](https://www.texas.gov) - Coronavirus Disease 2019 (COVID-19)

- **Meals**
  - [School Meal Finder](https://www.myschoolmeals.org) - Find where meals are being served for children while school is out of session.
  - [TEA](https://www.tea.state.tx.us) - Texas Students Meal Finder map

- **Children’s Mental Health During COVID-19**
  - [Agrilife](https://www.agrilife.org) - Help Children Cope with Trauma and Stress*
  - [Centers for Disease Control and Prevention](https://www.cdc.gov) - Talking With Children About Coronavirus Disease 2019
    - In Spanish
  - [Child Mind Institute](https://www.childmind.org) - Talking to Kids About the Coronavirus
  - [Child Trends](https://www.childtrends.org) - Resources for Supporting Children’s Emotional Well-Being During the COVID-19 Pandemic
  - [Common Sense Media](https://www.commonsensemedia.org) - Help Your Family De-Stress During Coronavirus Uncertainty
  - [Healthychildren.org](https://www.healthychildren.org) - Stay Informed: 2019 Novel Coronavirus (COVID-19)
  - [PBS for Parents](https://www.pbs.org/parents) - How You and Your Kids Can De-Stress During Coronavirus
  - [Sesame Street](https://www.sesamestreet.org) - Caring for Each Other
  - [UTHealth](https://www.utHealth.org) - “Creating a new normal for kids during the uncertainties of COVID-19”
  - [Zero to Three](https://www.zerotothree.org) - Tips for Families: Coronavirus

- **Aid for WiFi Services**
  - [Internet Essentials](https://www.internetessentials.com) - Income based

- **Learning and Physical Movement Resources for Children**
  - [3M Young Scientist Lab](https://www.3myoungscientistlab.com) - Science Resources
  - [Abcmouse.com Early Learning Academy](https://www.abcmouse.com) - Full Online Curriculum for Children Ages 2-8
  - ABCya! - Learning Games and Apps for Kids
  - [Beachbody](https://www.beachbody.com) - Kids Workouts
• **Spanish Learning Resources for Children**
  o **Story Place**- La biblioteca digital de niños
  o **PBS Kids**- Spanish Games
  o **Rock A Lingua**- Music Based Spanish Learning
  o **Bartolo**- ¡Prueba más recursos digitales de Bartolo!