

## FAMILY RESOURCES FOR FAMILIES DURING COVID-19

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### General Information about COVID-19

<https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx>

*En français:* [https://centrelecap.ca/content/user\\_files/2020/04/Guide-de-ressources-COVID-19\\_CPS-1.pdf](https://centrelecap.ca/content/user_files/2020/04/Guide-de-ressources-COVID-19_CPS-1.pdf)

### Handwashing advice for kids (in 29 languages)

<https://cleanhandsavelives.org/hand-washing-song/>

### Finances

*Ontario financial resources for families:*

- 1) For families currently on OW and ODSP: Please contact your worker.

Families can receive extra funding to help meet a broad range of needs including cleaning supplies, transportation, food or clothing that people may be experiencing due to COVID-19. Families on OW/ODSP are to contact their worker to access these benefits and to find out what they may qualify for. For more information:

<https://news.ontario.ca/opo/en/2020/03/changes-to-ontarios-emergency-assistance-program-in-response-to-covid-19.html>

- 2) Support for Families (not income based)

All parents with a child aged 0-12 who is not currently in school or daycare can apply for a \$200 payment. All parents with a child aged 0-21 with special needs are eligible for \$250. This is a one-time direct funding to offset the cost of buying materials (work books, educational apps, educational subscription services, movies and other tools) to support learning at home. Parents who applied for the Support for Parents fund (funds available during the teachers strike) will automatically be enrolled. Parents must apply online, one application per child. For more information and to apply:

<https://www.ontario.ca/page/get-support-families>

*Federal financial resources for families*

The federal government also has the Canada Emergency Response Benefit (CERB) which provides financial assistance to eligible workers who are impacted by covid-19.

<https://www.canada.ca/en/services/benefits/ei/cerb-application.html>

Families will receive automatically if eligible (no need to apply):

1- Special Goods and Services Tax Credit payment (GST) will give a one-time special payment by early May for low- and modest-income families. The average additional benefit will be close to \$400 for single individuals and close to \$600 for couples.

2- Increase to the Canada Child Tax Benefit: increasing the maximum annual Canada Child Benefit (CCB) payment amounts, only for the 2019-20 benefit year, by \$300 per child under 18. The extra amount will be added to the monthly payment in May.

### **Legal Aid**

For COVID-19 related legal issues, please contact a *CHEO Social Worker* to inquire whether referral to the ProBonoLegalOntario lawyer is appropriate.

### **Nutrition**

Do you need a food bank? Call 211 or visit Food Banks Canada <https://www.foodbanksCanada.ca/utility-pages/find-a-food-bank.aspx>

Most grocery stores offer home delivery or curbside pick-up: Loblaws (<https://www.loblaws.ca/online-grocery-shopping>), Metro (<https://www.metro.ca/en/online-grocery/how-it-works>), IGA ([https://www.iga.net/en/online\\_grocery](https://www.iga.net/en/online_grocery))

Ready-to-cook meal delivery services <https://mealkitsCanada.ca/food-subscription-boxes/>

### **Screen Time**

Helping your child or youth spend more time outdoors <https://www.cheo.on.ca/en/resources-and-support/resources/P6200E.pdf>

Find out how much screen time your child should have each day and how screen time affects your child's health and wellbeing <https://www.aboutkidshealth.ca/Article?contentid=643&language=English>

### **Ideas for Indoor and Outdoor Physical Activities**

Go out for a walk <https://www.ottawapublichealth.ca/en/public-health-topics/being-active-during-covid-19.aspx>

45+ Fun Physical Activities for Kids of All Ages <https://www.familyfuntwincities.com/physical-activities-for-kids/>

Free online yoga <https://www.doyogawithme.com/>

Learn to dance <https://www.clistudios.com/>

### **Ideas for fun activities**

101 Screen-Free Indoor & Outdoor Activities for Kids (while Social Distancing) <https://washingtondc.citymomsblog.com/home-lifestyle/101-indoor-outdoor-screen-free-activities-for-kids-while-social-distancing/>

60 Fun Outdoor Games for Kids This Summer <https://www.familyfuntwincities.com/outdoor-games-for-kids/>

Kids up Front - DIY crafts and activities, educational resources, music and online concerts, and virtual tours <https://www.kidsupfrontottawa.com/online-activities/>

Science experiments for kids <http://www.sciencefun.org/kidszone/experiments/>

Card Tricks (for teens) <https://crissangel.com/media/101-card-mindfreaks.pdf>

14 world class museums are offering free virtual tours <https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/>

The Museum of Modern Art and other museums are offering online art classes for free <https://www.coursera.org/moma>

Watch plays and musicals [https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR3CQZizQ9aVllpsjQj7aqKt7hOZk7l\\_SL-v4T81llkPuW08ztDzmB1zmZw](https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR3CQZizQ9aVllpsjQj7aqKt7hOZk7l_SL-v4T81llkPuW08ztDzmB1zmZw)

Free Opera [https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/?fbclid=IwAR28HUKvR29m4UtzO8XUFvHH7GHCwk89lul\\_3z5TRN75rr0callxhgVhdIE](https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/?fbclid=IwAR28HUKvR29m4UtzO8XUFvHH7GHCwk89lul_3z5TRN75rr0callxhgVhdIE)

*En français* : <https://bulletinsije.ca/2020/04/06/idees-dactivites/> et <https://www.educatout.com/utilitaires/outils-educatifs/documents-imprimables-gratuits/covid-19-prevention--sensibilisation-et-activites--.htm>

### **School Work and At-home Learning**

Ottawa-Carleton District School Board <https://ocdsb.ca/>

Ottawa Catholic School Board <https://www.ocsb.ca/>

Conseil des écoles publiques de l'Est de l'Ontario <https://cepeo.on.ca/>

Conseil des écoles catholiques du Centre-Est <https://www.ecolecatholique.ca/>

Supplementary resources for elementary and secondary students to practice math and literacy skills and learn at home <https://www.ontario.ca/page/learn-at-home>

Day-by day projects to keep kids thinking <https://classroommagazines.scholastic.com/support/learnathome.html>

Suddenly We're All Homeschoolers! What? You Weren't Trained For This? <https://www.ahaparenting.com/blog/were-all-suddenly-homeschoolers>

### **Mental Health**

Free phone app to help kids and teens with anxiety: *MindShift CBT*

Free phone app to help kids and teens manage stress: *Headspace*

Mental health for teens <https://www.stressedteens.com/covid-19-tool-kit>

Keeping Siblings from Each Other's Throats During Quarantine Forced Togetherness <https://www.ahaparenting.com/blog/keeping-siblings-from-each-others-throats-during-quarantine-forced-togetherness>

Free Anglophone mental health services for families and children under 12, virtual care now available <https://crossroadschildren.ca/>

*En français* : Services de santé mentale gratuits pour les familles et enfants, services virtuels maintenant disponibles <https://centrelecap.ca/programmes-et-services/sante-mentale/sante-mentale-0-18-ans/clinique-sans-rdv/>

Free Anglophone mental health services for teens, virtual care now available <https://www.ysb.ca/> & crisis line: 613-260-2360

*En français* : Services de santé mentale gratuits pour les adolescents, services virtuels maintenant disponibles <https://www.ysb.ca/fr/> & ligne de crise : 613-260-2360

## **Sleep**

Sleep hygiene <https://healthcenter.ucsc.edu/wellness/sleep.html>

Healthy sleep duration in children <https://nesca-newton.com/sleep-hygiene-and-sleep-debt/>

Sleep tips: How to help your child get a good night's sleep

<https://www.aboutkidshealth.ca/Article?contentid=646&language=English&hub=COVID-19>

Sleep tips: How to help your teen get a good night's sleep

<https://www.aboutkidshealth.ca/Article?contentid=647&language=English&hub=COVID-19>

## **Parenting and Working from Home with Children**

Parenting during COVID-19: A new frontier

<https://www.cps.ca/en/blog-blogue/parenting-during-covid-19-a-new-frontier>

Working from Home with your New “Co-Workers” (aka. Your kids)

<https://www.ahaparenting.com/blog/working-home-with-kids-coronavirus>

Building a schedule that works for your family <https://mommyhood101.com/daily-schedule-for-kids>

How to cope with disrupted family routines during COVID-19

<https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19>

## **Talking to your child about COVID-19**

Explaining COVID-19 and Coronavirus to children

<http://hollandbloorview.ca/services/family-workshops-resources/family-resource-centre/explaining-covid-19-kids>

How to Talk to Kids and Teens About the Coronavirus

<https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>

How to talk to your child about COVID-19

<https://www.aboutkidshealth.ca/Article?contentid=3866&language=English&hub=COVID-19>

Coronavirus (COVID-19): How to Talk to Your Child

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Coronavirus Talking Points for Parents & Teachers with the Whole-Brain Child Approach

<https://www.tinabryson.com/news/coronavirus-talking-points-for-parents-amp-teachers-with-the-whole-brain-child-approach>

## **Coping resource for parents worried about COVID-19**

Coping with the Stress of COVID: Survival Tips for Parents and Caregivers

<https://www.ementalhealth.ca/index.php?m=article&ID=62307>

Mental Wellness and Resiliency while Coping with COVID-19 (Coronavirus)

<https://www.ementalhealth.ca/index.php?m=article&ID=62192>

Coping With Fear In the Face Of the Pandemic

<https://www.ahaparenting.com/blog/coping-with-fear-in-the-face-of-the-pandemic>