

Supporting Distance Learning

*Resources & Tips to Help You Support
Your Child's Learning During the Pandemic*



Self-Care

- Put the oxygen mask on yourself first
- Plan for short breaks throughout the day when you can take a breath and reset
- Plan at least 15 minutes of time for yourself each day
- Do not ignore your needs for adult conversation, exercise, quiet time, or sleep
- Put things in perspective



The Environment

- Area in house dedicated for school work
- Space free of non-school materials
- Clock and/or chart of daily and weekly schedule
- All materials needed to participate*
- Quiet space or noise cancelling headphones
- Comfortable chair and clear table space

ROUTINE + CHORE + ACTIVITY CARDS



Learning Environments in the Home



Zoom Etiquette for Kids

- Have materials ready
- Stay in one spot
- Do not use a fun background
- Know when and how to mute
- Find a quiet spot
- Be on time
- Wait your turn
- Be presentable



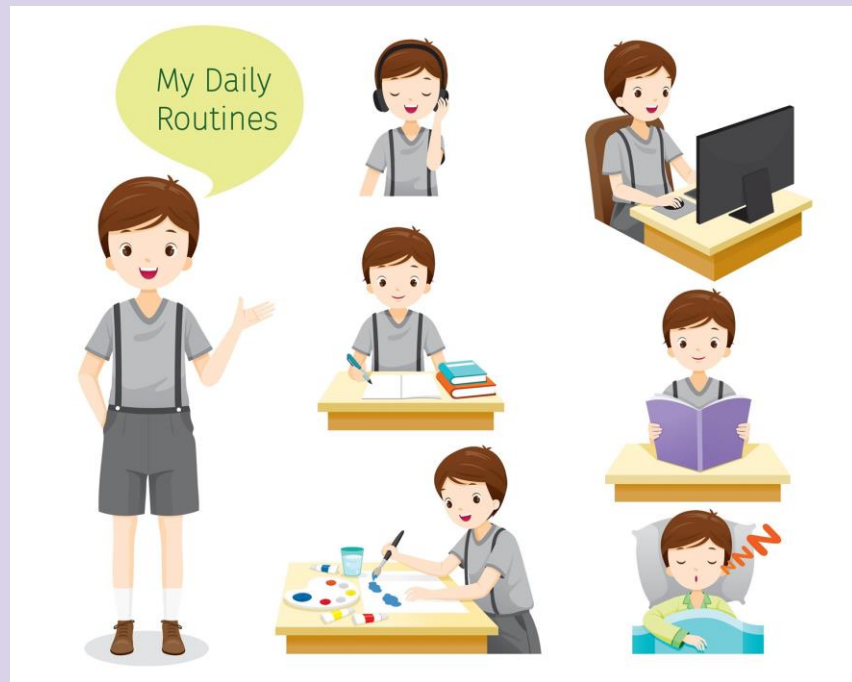
The Resources

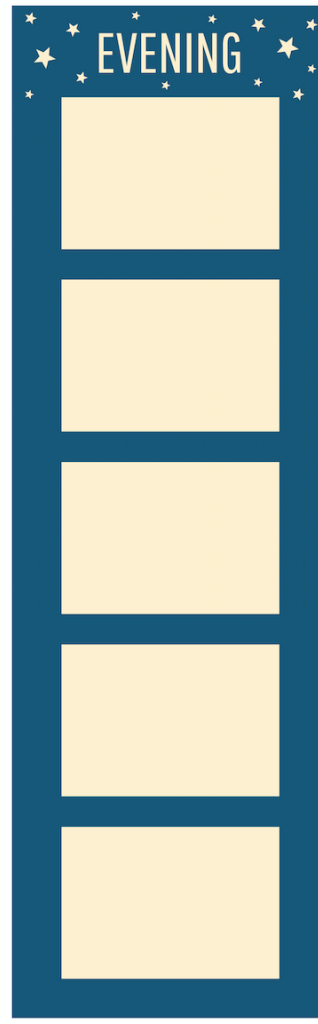
- Children and youth are entitled to receive a Free Appropriate Public Education (FAPE).
- Children and youth must have the technology and connectivity needed to participate in school.
- Children need age appropriate learning tools, books, and equipment.
- Reach out for help if you do not have what is needed.



The Routine

- Start and end each day with a ritual.
- Create a rhythm/schedule for each family member.
- Include breaks, fun, and time to connect.
- Mealtimes that everyone looks forward to.





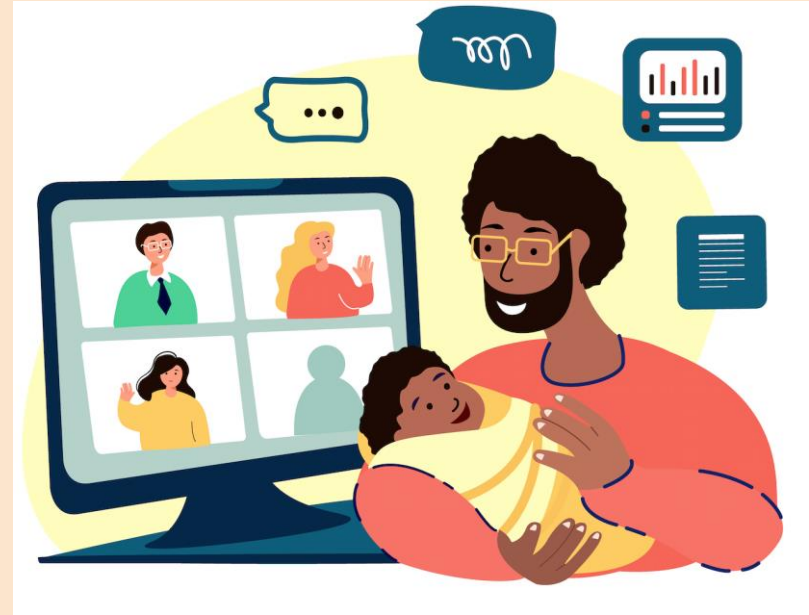
Beyond the Virtual Classroom

- Supplement school education with life skills
- Incorporate children into running the home and family & offer incentives
- Get outdoors as much as possible for meals, learning, breaks, exercise and chores
- Find virtual games or activities that allow youth to socialize with their peers.



Child Care & Supervision

- Create a small “Covid Cohort” to share child care and supervision duties with.
- Pay older youth to help supervise younger children.
- Resource and Referral Network
- Child Care Bridge Program



Tutoring & In-Home Assistance

- [Upchieve](#) and Online Tutoring Resources
- Regional Center Services
- In-Home Aids
- Setting Up Virtual Therapy Space



Upchieve

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Free Tutoring & College Counseling

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[Get Started Now](#)

UPchieve is a free, online platform for tutoring and college counseling. We're here for you 24/7!



1. 100% free, forever!

Request as many sessions as you want. Chat as long as you want. Completely free, forever!

2. Available 24/7

No need to pre-schedule. Request help any time—even late at night!

3. Faster than texting your friends

Making an account and getting paired with a coach takes just a few minutes. No long-term commitment required.

4. Smart, helpful coaches

Speak to a real person who can answer your questions. All our coaches are either current college students or college graduates who have passed certification quizzes in the topic you requested.

[Sign Up Now](#)

What can we help you with?

Math tutoring: Stuck on your homework? Have a big exam tomorrow? Need to learn some new concepts after missing class? No matter what's stumping you, we're here for you! Our coaches can help you with **Pre-Algebra, Algebra, Geometry, Trigonometry, Precalculus, and Calculus!**

Child Care Resource & Referral Network

California Child Care Resource & Referral

NETWORK

EVENTS CONTACT SUPPORT



About

Family Services

Provider Services

Policy

Research

Members

Find Child Care



Family Services

- » Find Child Care
- » Choosing Child Care

Looking for child care?

Search to find a local child care specialist

Enter your ZIP code below to find your local child care resource and referral



Family Resource Centers



Family Resource Centers

The Family Resource Centers (FRCs) offer various programs that are tailored to be culturally and linguistically competent and meet the identified needs of the communities they serve. Services offered include prevention and leadership programs for children, youth and transitional age youth, mental health education workshops, community counseling, adult skill-based education programs and parenting support.

This program serves all ages and includes the following: personal development activities, parent/caregiver support and education; behavioral health education workshops, after school programs for children/youth/transitional age youth, health education workshops, adult skill-based education (e.g. education and employment assistance), community counseling, and individual counseling.

No referral is needed. Individuals may contact agency directly.

Providers include:

BARSTOW

Riverside-San Bernardino County
Indian Health, Inc.
170 N. Yucca Avenue
Barstow, CA 92311
Ph: (760) 256-9016

SAN BERNARDINO

Victor Community Support Services
600 N. Arrowhead, Suite 300
San Bernardino, CA 92410
Ph: (909) 522-4656

MONTCLAIR

Ontario Montclair School District
Montclair Community Collaborative
10200 Lehigh Avenue
Montclair, CA 91763
Ph: (909) 445-1618

MONTCLAIR

Ontario Montclair School District
The House Family Resource Center
9916 Central Avenue
Montclair, CA 91763
Ph: (909) 625-9485

ONTARIO

Ontario Montclair School District
Family Solutions Collaborative
1556 S. Sultana Avenue

SAN BERNARDINO

Valley Star Behavioral Health, Inc.
1585 W. D Street, Suite 101
San Bernardino, CA 92408

SKYFOREST

Rim Family Services
28545 Highway 18
Skyforest, CA 92385

YUCCA VALLEY

Pacific Clinics
58945 Business Center Drive,
Ste. D

May offer:

- **Activities:** Parent support and education groups, crisis intervention, health workshops
- **Mental Health Counseling:** Providing therapeutic services one-on-one or in small groups to help children and their families with socio-emotional issues, behavioral difficulties, and family issues that often are impacted by trauma.
- **Information:** Keeping parents and children connected to additional resources and services.
- **Advocacy:** Building bridges with teachers and school administrators and providing access to food, medical, housing, and cash aid services.



County Office of Education

<https://www.cde.ca.gov/SchoolDirectory/county-offices-of-education>



The screenshot shows the Sonoma County Office of Education website. At the top is the Sonoma County Office of Education logo. Below it is a navigation bar with links: ABOUT SCOE, DIRECTORY, FAMILIES, EDUCATORS, SERVICES, and EMPLOYEES. A large banner image shows two young children, a boy and a girl, smiling and laughing. Below the banner is a 'Families' sidebar with a list of links: About, About Schools, Alternative Education, College and Career Guide, Early Childhood Education Resources, Foster Youth Services, Special Education/Behavioral Health Services, School Closures, School Districts Calendar, and Student Events. The main content area has a breadcrumb trail: Home / Resources for Students and Families. Below this is a section titled 'Resources for Students and Families' with a paragraph stating the Sonoma County Office of Education's dedication to fostering student success. This section contains a list of expandable categories: General Information and Resources, SCOE Programs for Students, Attendance Options, Academic Resources, and Additional Resources, each with a plus sign icon to its right.

Sonoma County
Office of Education

ABOUT SCOE DIRECTORY FAMILIES EDUCATORS SERVICES EMPLOYEES

Families

- [About](#)
- [About Schools](#)
- [Alternative Education](#)
- [College and Career Guide](#)
- [Early Childhood Education Resources](#)
- [Foster Youth Services](#)
- [Special Education/Behavioral Health Services](#)
- [School Closures](#)
- [School Districts Calendar](#)
- [Student Events](#)

[Home](#) / Resources for Students and Families

Resources for Students and Families

The Sonoma County Office of Education is dedicated to fostering the success of all students in Sonoma County through service to schools, students and their families, and the community. Following are helpful resources for students and their families.

- General Information and Resources** +
- SCOE Programs for Students** +
- Attendance Options** +
- Academic Resources** +
- Additional Resources** +

- **Special Education**
- **Alternative Education**
- **Early Learning**
- **Kindergarten Readiness**
- **Foster Youth Services**
- **Student Events**
- **Parent Resources**
- **Community School**
- **Migrant Education**



Kinship Navigator Program

[SEARCH](#)[COVID-19 INFO](#)[RESOURCE LIBRARY](#)[BLOG](#)[ABOUT US](#)[CONTACT](#)[MY ACCOUNT](#)

Find help for you or your family in:



contra costa

SEARCH



Income



Food



Benefits



Housing



Mental Health



Kinship Resources



Health Care



Legal Assistance



Crisis



Transportation



Education



Other Categories



GET LIVE HELP!

Select Language



First 5 California



ABOUT

California Parent Guide

What you need to know to help your child grow up healthy and thrive

What are you looking for?



Becoming a Parent



Your Baby



Boys & Girls Club



BOYS & GIRLS CLUBS
OF AMERICA



[FIND A CLUB](#)

[DONATE NOW](#)

[About Us](#)

[Kids in Need](#)

[Programs](#)

[Get Involved](#)

[News & Stories](#)

**We're dedicated to supporting communities at this critical time.
Contact your local Club for operating hours and resources.**

[LEARN MORE](#)

Find a Club near you

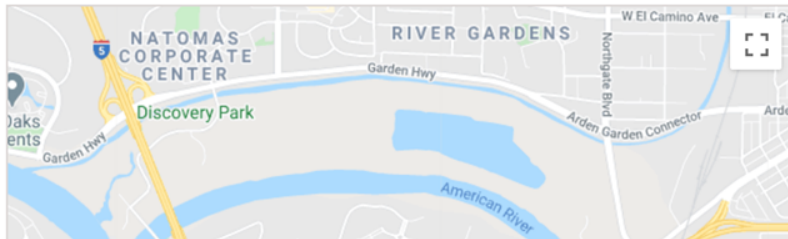
2355 Alexander Pl, Woodland, CA 95776, USA



Show only clubs with...



[FIND A CLUB](#)



1 Thomas P. Raley Unit

Distance: 14.10 miles

1117 G Street

Sacramento

CA 95814 0824

CALIFORNIA STATE ALLIANCE

OF YMCAS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ABOUT ▾

NEWS

ADVOCACY ▾

Y PROGRAMS ▾

FIND A Y

YOUTH DEVELOPMENT

Home

Programs - Youth Development

You Can Do Hard Things!

- Reach out to Community Resources
 - Create a Network of Support
- Ask for Help (And Ask Again Until You Receive It)
 - Practice Self-Care
 - Focus On Gratitude
- Carve Out Time to Just Have Fun

