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## **COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families**

Our country and the world are facing a pandemic unlike any of us have seen before. People over the age of 60 and those with compromised immune systems are among the highest-risk populations COVID-19 is impacting. While grandparents and other older adults are being advised to isolate themselves physically from children, it is nearly impossible for older caregivers to distance themselves from the children they are raising. As a grandfamily or a multigenerational household, you are on the front line for your family every day. Today's challenges are making it much tougher to care for them. It's important to stay calm and do everything you can to stay healthy, informed and connected. Here are some suggestions and resources to help grandfamilies and multigenerational families:

### **Crisis Hotlines**

These are unprecedented times with significant stress and changes in routines therefore we wanted to make these following crisis hotlines easily accessible in case you or your family needed them.

**Disaster Distress Hotline:** 1-800-985-5990 or text TalkWithUs to 66746

**Child Sexual Abuse:** Stop It Now! 1-888-PREVENT (1-888-773-8368)

**Crime Victims:** National Center for Victims of Crime 1-855-4VICTIM (1-855-484-2846)

**Dating Abuse:** Love is Respect 1-866-331-9474 TTY: 1-866-331-8453, or Text LOVEIS TO 22522

**Domestic Violence:** National Domestic Violence Hotline 1-800-799-SAFE (1-800-799- 7233), TTY: 1-800-787-3224

**Missing and Abducted Children:** Child Find of America, Inc. 1-800-I-AM-LOST (1-800- 426-5678); OR National Center for Missing & Exploited Children 1-800-THE-LOST (1-800-843-5678)

**Rape and Sexual Abuse:** Rape, Abuse & Incest National Network (RAINN) 1-800-656- HOPE (1-800-656-4673)

**Runaway and Homeless Youth:** National Runaway Safeline 1-800-RUNAWAY (1-800- 786-2929), or Text: 66008

**Suicide Prevention:** National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273- 8255), TTY: 1-800-799-4889

## **Information about COVID-19**

### **Finding Factual, Up to Date Information**

There has been a lot of misinformation about the coronavirus in large part because there are still a lot of unknowns about the virus. In order to best protect yourself and your loved ones from the virus you need to find information on the virus from trusted sources including:

**Center for Disease Control (CDC):** The Centers for Disease Control and Prevention has up to date, accurate information and recommendations about COVID-19.

- **General Information:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- **Frequently Asked Questions COVID-19 and Children:** <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>
- **Older Adults and Medical Conditions:** <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>
- **CDC Guidance for Workplace, School, and Home:** <https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>

**World Health Organization (WHO):** Useful information can be accessed at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

**County Health Department:** Contact your [county health department](#) to learn more about your local response and recommendations.

**Area Agency on Aging:** For information to help older caregivers contact your area agency on aging. You can find them through the eldercare locator at 1-800-677-1116 or visit [eldercare.acl.gov](http://eldercare.acl.gov)

**Administration for Community Living – [COVID-19 Resource Page](#)** (English and Spanish)

## Practicing Excellent Hygiene

**Wash Hands Regularly and Thoroughly:** Wash your hands regularly and ask the children in your house to do the same especially after sneezing, coughing or being in a public place. To make sure the family is washing hands thoroughly, you can practice washing together and teach each other a 20-second song. Children are taught the correct length of time to wash their hands, using hard-to-forget songs like “Baby Shark” and “Happy Birthday.” Your generation has music that can help pass the time too, whether it’s the beginning of “Blue Suede Shoes” or “Splish Splash I Was Taking a Bath,” sing together and share a smile.

**Avoid Touching Face:** Avoid touching your own eyes, nose, or mouth with unwashed hands. Remind children of the same. For school-age children, you can make this into a game. For younger children, do your best to have them wash hands regularly after play and before and after eating.

**Clean and Disinfect Daily:** Focus your daily cleaning and disinfecting on high-touch surfaces in common areas in your home such as tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, and sinks. For small children focus on their most popular toys. For older children, remind them to regularly wipe down their phones, devices and computer keyboards.

The **American Academy of Pediatrics** has more information on children and Coronavirus at <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

## **Summaries of COVID-19 Legislation**

[Generations United's CARES Act Summary on implications for Grandfamilies](#)

[Supporting Grandfamilies through the COVID-19 Crisis: A tool for educating state and local decisionmakers](#)

[Guide to Grandfamilies and COVID-19 Stimulus Payments from Congressman Danny K. Davis](#)

[IRS Economic Impact Payments Page](#)

[Federal Trade Commission - What to know about the Economic Impact Payment debit cards](#)

## **Financial and Other Assistance**

### **Kinship Navigator Programs**

Kinship navigator programs are programs that assist kinship families in accessing resources. They vary in terms of what types of kinship families they serve and what services they offer but may offer the following: information and referral, support groups, counseling, legal services, etc. During the pandemic, some programs may also be providing assistance with delivery of food and supplies. Visit [www.grandfamilies.org](http://www.grandfamilies.org) for a list of local programs in your state.

### **Economic Impact Payments (Stimulus Check)**

To help during this pandemic, the federal government is sending most adults a stimulus payment (also called a stimulus check, economic impact payments, rebate) of \$1,200 for an adult and \$500 for each child under age 17. Caregivers will get the full payment if they file as head of household and earn less than \$112,500 or if they file married-filing-jointly and earn less than \$150,000.

Importantly, grandfamily caregivers may need to take additional steps to get their money quicker or to get the stimulus payments for any kin children. In particular, these extra steps may be needed if the grandfamily did not file taxes in 2018 or 2019 or if the grandfamily did not use their electronic bank data to pay taxes or get a refund. There is no deadline for getting your stimulus check. Don't worry if you do not get all you deserve in 2020, you can get the remainder when you file taxes in 2021. [Learn more about how to ensure you get the full payment for you and the children you are raising.](#)

While many families have already received payments through direct deposit or check, others may receive payment in the form of a debit card in regular mail. If you are still awaiting your payment, it is important that you watch your mail carefully so you do not accidentally throw away the payment which could be mistaken for "junk" mail. [Learn more.](#)

### **Social Security**

The Social Security Administration has created a coronavirus resource page that includes information on economic impact payments, for representative payees, about COVID-19,

monthly benefits and other financial help protecting yourself from scams, getting help from Social Security and other resources. You can find it here: <https://www.ssa.gov/coronavirus/>

## **Avoiding Financial Scams**

There has been an increase in the number of financial scams during the coronavirus pandemic. There are some scams tied to the financial impact payments and others tied to buying coronavirus cures or protection from the virus. It is also important to note that the IRS and Social Security Administration will never call and ask for your information. Do not give out personal financial information unless you are giving it to a trusted financial institution.

## **Financial Assistance**

Many caregivers have lost full or part time jobs. Caregivers often use retirement savings to pay for the children's needs, but those savings are plummeting now.

A fact sheet for grandparent and relative caregivers to help access support through the Temporary Assistance for Needy Families (TANF) program can be found [here](#).

## **Accessing Food**

Many grandfamily caregivers are struggling to access food, medicine and basic supplies without requiring they leave the house and risk greater exposure to the virus. Many families of all backgrounds have experienced significant income losses and food insecurity.

**Food Assistance Programs:** There are many different types of food assistance programs that are providing families with food during these uncertain times. There are many food banks and houses of worship working to support their communities at this time. Feeding America has information on the different types of [food assistance programs](#) they work with and [a search tool to find your nearest food bank](#). Meals on Wheels America also has a tool to find meal providers near you [here](#). Your local Kinship Navigator Program may also be able to connect you to food resources: <https://www.grandfamilies.org/State-Fact-Sheets>.

**Schools and Childcare Centers:** Schools and childcare centers have been working on solutions to ensure children get access to the food they need. During the summer many schools still work to ensure easy access for food for their students and other children. While some areas are focused on helping children who usually get free breakfast and lunch at school, many schools are making food available to any child in their school that needs it. In some cases, schools are delivering food with school buses or offering to make it available at the school or other community-based locations for people to drive by and pick it up. Find out what your school's plans are and how you can access it for your children and, in some cases, for you too. The USDA is also working with states to ensure children who rely on free or reduced-price school meals are able to get the nutrition they need. They have a meals for kids interactive search tool that can be found at: <https://www.fns.usda.gov/meals4kids>

**Pandemic EBT:** Pandemic Electronic Benefit Transfer (P-EBT) provides temporary resources to all families who received free and reduced-price school meals and who have lost their access to these meals due to school closures. Families will receive money on a new or existing EBT card to help fill the school meals gap. A list of states with approved Pandemic EBT programs can be found [here](#). More information on this program can be found [here](#) and [here](#).

**Food for Older Caregivers:** You can also contact your eldercare locator [eldercare.acl.gov](http://eldercare.acl.gov) to find out about other sources of food for older adults.

## Health and Wellbeing

### Health Care

**Telemedicine:** Many doctors and insurance companies are offering telemedicine and virtual visits for their patients. Contact your doctor or insurance company to see what your options are.

**Accessing Medications:** Check with your pharmacy and ask if they will deliver your prescriptions to your home. Many pharmacies have made it easier and cheaper to get prescriptions delivered during this pandemic, which you can read more about [here](#). If you cannot get your medications delivered, ask for help from neighbors, friends, houses of worship, or a local community-based program. Make sure you have basic first aid supplies and up-to-date medication on hand for you and the children.

**Medical Consent Forms:** In certain states when you cannot accompany the children you are legally responsible for to in-person medical care appointments you can fill out a medical consent form granting another adult the permission to consent to their medical care. You can find more information on these laws in Generations United's policy brief [State Educational and Health Care Consent Laws: Ensure that children in grandfamilies can access fundamental services](#).

### Managing Your Mental Wellbeing

With school, after care, child care and summer camp closures, older adults staying inside, and many workplaces requiring work from home, grandfamilies are juggling children at home while managing other responsibilities. The coronavirus outbreak is stressful for many families, but many grandfamilies' concerns are compounded by their age or chronic health issues. Grandfamilies need to have tools to manage anxiety and stress in the household in order to keep their families healthy. During these challenging times, it's also important to focus on self-compassion and self-care. Here are a few links to resources that may help you manage anything you may be feeling now:

- [CDC Coping with Stress](#): The outbreak of coronavirus has been stressful for many people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Find ways you and your family can reduce stress.

- [ZERO TO THREE - Self-Care & Time at Home](#): ZERO TO THREE has a comprehensive list of resources and tips for caregivers of young children to manage stress, outbursts, and practice self-care.
- [The New York Times - 5 Ways to Help Teens Manage Anxiety About the Coronavirus](#): Adults can help by making sure adolescents don't overestimate the dangers or underestimate their ability to protect themselves.
- [Taking Care of Your Mental Health in the Face of Uncertainty](#)
- [UMD - Managing Family Stress](#): Tips to help you and your family move through this uncertain time of change and stress. By engaging in three critical areas: communication, common beliefs, and routines and structure you can grow closer to each other and become more resilient and resourceful.
- [Calm](#): Sleep better, boost confidence and reduce stress and anxiety, all with the help of guided meditations, soothing music, and bedtime stories. During the pandemic, Calm is offering several free meditation exercises, including a section for children ages 3-17.
- [Headspace](#): Virtual mindfulness training and sleep program. Includes on-demand self-guided meditations, exercises and sleep content. Headspace is currently offering up to two weeks of a free trial for all users and people who are currently unemployed can access Headspace Plus free for one year.

**Virtual Support:** Before the pandemic, caregivers often found critical help through support groups where they rely on one another for information about how to cope and where to go for help. Maintaining these connections through virtual support groups can reduce social isolation and stress. Check with your local kinship navigator program and other grandfamilies programs to see if they are running any virtual support groups. You can find a list of programs serving grandfamilies in your state at <https://www.grandfamilies.org/State-Fact-Sheets>.

## Managing Caregiving Relationships

**Child Welfare Information Gateway:** [COVID-19 State Child Welfare and Related Health Resources](#)

**Managing Visitation/Relationships with Birth Parents:** Many grandfamily caregivers are concerned about continuing in person visitation with birth parents because of the potential for increased risk of exposure to the virus. They are also fearful of violating court agreements. Many families are receiving little guidance from courts or child welfare systems because of closures or decreased capacities as they transition to virtual systems. While we cannot offer legal advice there are options for virtual visits. The Children's Bureau has a list of [Virtual Visitation Resources](#) that may be helpful. Trying to work out a virtual visit schedule with the birth parent(s) may be your best option. If you are looking for free legal advice the [American Bar Association has a list of links to free legal resources](#).

**Respite:** Finding respite is difficult and can feel nearly impossible during this pandemic. ARCH Respite has compiled a [COVID-19 Respite Resources](#) page full of resources related to respite and caregiving.

**Alternative Care Plans:** Emergency plans are necessary in the event caregivers die or become too ill to care for the children. For most caregivers, the children have come into their care unexpectedly and suddenly without the time or opportunity to plan where the children will go if they can no longer care for them. Without these plans, the children could end up in foster care. Some grandfamilies have what is known as a successor guardian plans that outlines who can help take care of the children in case they are no longer able to do so. Review your plan or create one by reaching out to close friends and relatives that could step in if you should get sick. Reassure the children they will be taken care of until you can do so again.

## Technology and Staying Connected

### **Internet Access**

Access to the internet is important for getting current up-to-date information about the Coronavirus and available resources and supports. It is also important for many students who are doing homework at home and/or distance learning projects and for older adults to stay connected. You may want to ask a trusted friend or family member with internet access to help you get signed up.

**Free or Discounted Internet Access:** Comcast is offering 60 days of free internet access through their [Internet Essentials](#) program and has opened their Wi-Fi hotspots so anyone can use them for free. [Charter Spectrum](#) is offering free internet for 60 days and then discounted internet access for households with K-12 or college students. They have also opened their Wi-Fi hotspots for free use. Call 1-844-488-8395 to enroll. Altice internet providers Suddenlink and Optimum are also offering 60 days of free internet access for households with K-12 or college students. Call 1-866-200-95522 if you live in an area with Optimum service and 1-888-633-0030 if you live in an area with Suddenlink. Other internet providers may be offering this as well. Check with the companies that serve your community. With any service, be sure to terminate after 60 days so you aren't charged for service beyond the free period.

Some organizations are maintaining up-to-date information on low-cost and free internet access: Senior Planet - [seniorplanet.org/stuck-at-home-guide-get-online/](http://seniorplanet.org/stuck-at-home-guide-get-online/); STAND for Children - <http://stand.org/national/coronavirus-outbreak/internet-access-resources>.

**Internet for Students:** This article highlights internet options for accessing the internet for students on a low income: <https://www.reviews.com/blog/internet-options-for-students-on-low-income/>

### **Access to Electronic Devices**

There are ways to get low-cost and sometimes free electronics. Many local governments have programs to refurbish and distribute computers to their residents. Manufacturers like Samsung,

Apple, and Microsoft sell refurbished devices. Mutual aid networks and groups are another source for assistance or finding free or low-cost devices. You can find mutual-aid groups in your community at [www.mutualaidhub.org/](http://www.mutualaidhub.org/). There are non-profits like PCs for People that sell and donate refurbished computers and other electronics [www.pcsforpeople.org/eligibility/](http://www.pcsforpeople.org/eligibility/) and Freegeek.org which sells refurbished computers from their online store at [www.ebay.com/str/freegeekbasicsstore](http://www.ebay.com/str/freegeekbasicsstore). Senior Planet has a list of recommended and low-cost devices [seniorplanet.org/best-devices/](http://seniorplanet.org/best-devices/).

## **Staying Connected**

Staying home doesn't mean you need to disconnect from friends, family, and other supports. If you are part of a grandparent support group, consider moving your meetings to conference calls or through technologies such as Google Hangout. If it's not possible to connect the group, make individual calls to members to check in on each other. If the children in your care usually connect with other children and teens during the regular meeting, encourage them to connect through technology. For more ideas check out Generations United's blog <https://buff.ly/3aJN2z8>

There are many free and low cost video conferencing options including but not limited to: Facetime, Whatsapp, Skype, Zoom, Google Hangouts, Duo, Facebook Messenger, Microsoft Teams, Discord, and Marco Polo.

## **Internet Safety**

COVID-19 has increased the need for online connection and more children have been going online for school and socialization. It's important to practice internet safety regardless of your age. UNICEF has put together a resource for keeping children safe at [www.unicef.org/coronavirus/keep-your-child-safe-online-at-home-covid-19](http://www.unicef.org/coronavirus/keep-your-child-safe-online-at-home-covid-19) and AARP has a list of steps for adults to stay safe online at [www.aarp.org/home-family/personaltechnology/info-2019/privacy-for-seniors.html](http://www.aarp.org/home-family/personaltechnology/info-2019/privacy-for-seniors.html).

## **Resources for the Children in Your Care**

### **Advice for Caregivers**

- NPR: [Coronavirus and Parenting: What You Need to Know Now](#)
- The Atlantic: [How Parents Can Keep Kids Busy \(and Learning\) in Quarantine](#)
- NY Times: [10 Questions Parents May Have About Coronavirus](#)
- NY Times: [What Are the Rules for Play Dates During the Coronavirus Crisis?](#)

### **Talking with Kids about Coronavirus**

Children need your reassurance. They also need factual, age-appropriate information. To help with the messages to share with the children you are caring for, check out these resources:



- **Child Mind: Talking to Kids About the Coronavirus:** <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- **Answering Your Child’s Questions During the Coronavirus from ZERO TO THREE:**
  - <https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>
  - <https://www.zerotothree.org/resources/3211-why-are-people-wearing-masks-why-are-people-covering-their-faces>
- **National Association of School Psychologists:** Comprehensive resource for talking to children about COVID-19 is available at [www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-COVID-19-\(coronavirus\)-a-parent-resource](http://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-COVID-19-(coronavirus)-a-parent-resource)
- **The National Child Traumatic Stress Network:** [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)
- **Multilingual Coloring Book for Explaining Coronavirus:** This short book is available in 11 languages and offers a place for children to express their feelings about the coronavirus and how it affects their families. It explains what the virus is and how children can help stop its spread. Download a copy at <https://www.mindheart.co/descargables>

## Activities for Children at Home

### Tools to Facilitate Remote Learning

- Fun, accessible apps to provide assistive technology during remote learning for students who are blind, visually impaired, deaf, dyslexic, or have other reading difficulties. <https://www.accessibyte.com/stay-safe>
- Online platforms for teachers looking for the best way to interact with their students and share content during remote learning. <https://schoolchoiceweek.com/keep-learning/>
- [Balancing Online and In-Person Learning for Young Children](#) (English and Spanish)

### Resource Hubs for Multiple Subjects

- Sesame Workshop has many topics relevant to things kids are experiencing during this pandemic <https://sesamestreetincommunities.org/>
- Free, easily sortable resources for all subjects and grade levels – from warm-ups to full lessons and virtual reality adventures! <https://nearpod.com/t/free-C491>
- Scholastic Classroom Magazines is offering cross-curricular daily projects for PreK through middle school, each with four thematically related activities. <https://classroommagazines.scholastic.com/support/learnathome.html>
- Amazing Educational Resources has over 900 education companies offering free resources and the ability to search by grade level and subject. <https://www.amazingeducationalresources.com/>

- Washington State University - Ideas for Learning While Schools are Closed <https://extension.wsu.edu/king/learning-links-4-h-and-more/>
- Great! Schools - School closure learning guide during Coronavirus (COVID-19) <https://www.greatschools.org/gk/coronavirus-school-closure-support/> (Spanish version [linked here](#))

### Full Schedules

- Camp Kinda is a free virtual summer experience designed to keep kids in grades K-8 engaged, curious, and having fun—even if they're stuck at home. It's like summer camp... kinda. <https://campkinda.org/>
- Khan Academy is providing full daily schedules for PreK-12, including lots of course content and ideas for brain breaks. <https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAJrFwxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh -P-WmksHAzbsrk9d/pub>
- A free schedule builder, plus an assortment of links with ideas to help you fill out the schedule. <https://www.mercurynews.com/2020/03/15/what-to-do-with-kids-out-of-schools-closed-by-coronavirus-use-this-free-schedule-maker-to-plan-the-day/>

### Reading, Language and Literacy

- Award-winning children's literacy website where famous actors read books aloud! <https://www.storylineonline.net/>
- Author Dan Gutman will be doing a daily read-aloud of his newest My Weird School book Miss Blake is a Flake! <https://www.facebook.com/Dan-Gutman-60020139122/>
- Free eLibrary for everyone – including children's books in Spanish, Chinese, and more! <https://openlibrary.org/>
- Keep up the foreign language learning while learning remotely with Duolingo! <https://www.duolingo.com/>
- Free reading comprehension tools for both parents and teachers. <https://www.readworks.org/>
- Astronauts doing read-alouds from SPACE! <https://storytimefromspace.com/library/>

### STEAM and Creativity

- Free, complete science lessons for K-5 including at-home activities. <https://mysteryscience.com/school-closure-planning>
- Eureka Math has online resources for grades PreK-8, plus typical high school subjects – Algebra I and II, Geometry, and Pre-Calculus. <https://gm.greatminds.org/en-us/knowledgeonthego>
- Not just for bedtime, Bedtime Math offers daily activities for kids K-5 to think about math in new and fun ways. <http://bedtimemath.org/fun-math-at-home/>
- An hour of code for pre-readers through high school, with Minecraft, Frozen, Star Wars, and more! <https://code.org/learn>

- Daily lunch doodles with beloved author Mo Willems, complete with activity pages! <https://www.kennedy-center.org/education/mo-willems/>
- Activities to spark creativity – including “Finish This Comic!” and drawing/writing prompts. <https://jarrettlerner.com/activities/>

### History and Social Studies

- Free American history lessons for grades 4-12 on a wide range of topics. <https://learn.newamericanhistory.org/>
- A teacher has compiled 30 virtual field trips for students who are beginning to get stir crazy! [https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku\\_w/preview?fbclid=IwAR1jwLwvqCU10Aieqadoh1n1XEjbf9o-GzH5hRU1UmqvB44DQSGqzNLTVOo](https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR1jwLwvqCU10Aieqadoh1n1XEjbf9o-GzH5hRU1UmqvB44DQSGqzNLTVOo)
- Explore the Metropolitan Museum of Art from home, with supplementary projects to keep kids engaged. <https://www.metmuseum.org/art/online-features/metkids/>
- Bonus: Follow by reading From the Mixed-Up Files of Mrs. Basil E. Frankweiler with OpenLibrary! [https://openlibrary.org/works/OL2987262W/From\\_the\\_Mixed-Up\\_Files\\_of\\_Mrs.\\_Basil\\_E.\\_Frankweiler](https://openlibrary.org/works/OL2987262W/From_the_Mixed-Up_Files_of_Mrs._Basil_E._Frankweiler)
- Visit 12 famous museums from around the world! <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- The NY Times Learning Network offers free resources for middle and high school students on geography, current events, and more. <https://www.nytimes.com/section/learning>
- Civics and current events lessons for middle and high school students from PBS News Hour. <https://www.pbs.org/newshour/extra/2020/03/pbs-newshour-classroom-resources-for-students/>

### Physical and Mental Health

- Mind and body wellness for at-home learning from health and physical education teachers. <https://www.shapeamerica.org/covid19-resources.aspx>
- GoNoodle offers hundreds of activities for getting up and getting active! <https://www.gonoodle.com/>

### Other Topics

- Caribu is offering 60 days free access to the online games and activities available to families <https://caribu.com/>
- Consumer Financial Protection Bureau - Build your kids’ money skills while they’re home from school <https://www.consumerfinance.gov/about-us/blog/kids-home-money-skills/>

## Conclusion

Information about COVID-19 and resources are changing rapidly. We at Generations United will do all we can to update this fact sheet and provide new resources as they become available. If you have hints or resources to share, please let us know by contacting [gu@gu.org](mailto:gu@gu.org).

In the meantime, please remember it is important to be calm and do everything you can to stay healthy, informed, and connected. The children in your care need you. They look to you for comfort and to protect them. You can only do this if you take care of yourself and lean on others who can provide the support, resources, and services you need to do what you do best – care for your family.

## **COVID-19 Resource Pages**

Generations United – [COVID-19 Page](#)

[Grandfamilies.org – COVID-19 Page](#)

American Youth Policy Forum – [COVID-19 Response Information Hub](#)

Children’s Defense Fund – [Useful Resources for Children and Families During the COVID-19 Crisis](#)

National Council on Aging – [COVID-19 Resources for Older Adults & Caregivers](#)

Prevent Child Abuse America - [Coronavirus Tips & Resources for Parents, Children, Educators & Others](#)

Senior Planet – [Coronavirus Resource Guide](#)

ZERO TO THREE – [Coronavirus Resources](#)

For over twenty years, **Generations United’s National Center on Grandfamilies** has been a leading voice for families headed by grandparents, other relatives and close family friends. Through the Center, Generations United leads an advisory group of organizations, caregivers and youth that sets the national agenda to advance public will in support of these families. Center staff conduct federal advocacy, provide technical assistance to state-level practitioners and advocates, and train grandfamilies to advocate for themselves. The Center raises awareness about the strengths and needs of the families through media outreach, weekly communications and awareness-raising events. It offers a broad range of guides, fact sheets and tools for grandfamilies, which cover issues from educational and health care access to financial and legal supports and can be found at [www.gu.org](http://www.gu.org) and [www.grandfamilies.org](http://www.grandfamilies.org).

For further information, please contact:  
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[www.gu.org](http://www.gu.org)

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