



Resources for Caregivers of Children During the Pandemic Disruption

This fall, 16 school districts in the counties of Chittenden, Addison, Franklin, and Grand Isle will be following a **HYBRID** schedule with students:

- 2 days at school: Monday and Tuesday OR Thursday and Friday
- 3 days of remote learning

Some districts will offer an option of school being fully remote. If interested, ask your district.

What can working parents and caregivers do?

- Child Care Resource agencies may help to search for and subsidize care. See list below to ask for assistance in finding childcare and applying for a subsidy.
- Partner with other parents – take turns with lesson plans & tutoring
- Explore if a household in your neighborhood is offering a “learning community” with reliable internet for a group of kids
- Use Front Porch Forum and Facebook to see what neighbors are doing
- Find out if your district is offering an After-School Program
- Do you qualify for discounted internet? Ask your provider for a discount. You may qualify for the State of Vermont’s Lifeline internet subsidy: <https://publicservice.vermont.gov/publications-resources/consumers/lifeline>
- Use your school district’s breakfast & lunch programs to save time & money

Child Care Resources & Referrals: Agencies that assist with searching for and subsidizing childcare. Sites include links with tips, resources, and helpful hints.

- Chittenden County
 - <https://www.childcareresource.org/>
 - 863-3367
- Addison County
 - Mary Johnson Childcare Services,
 - <http://www.mjccvt.org/>
 - 388-4304
- Franklin & Grand Isle Counties
 - Northwestern Counseling and Support Services (NCSS)
 - www.ncssinc.org
 - 524-6554
- VT Dept for Children and Families – Child Development Division
 - www.brightfutures.vermont.gov
 - 800-649-2642
- Child Care for Essential Workers
 - Call 211 x6
- <https://childcarecenter.us/>

Links for caregivers

Kids VT parenting magazine is a resource for family-friendly events, activities, camps and classes. Find tips on health, fitness, food, shopping, books, crafts and more: <https://www.kidsvt.com/>

Let's Grow Kids offers info and resources for families about COVID-19, including podcasts for kids, webinars for parents & caregivers, and activities <https://www.letsgrowkids.org/coronavirus>

211 Vermont has lots of links to resources to support caregivers:

<https://www.navigateresources.net/211vermont/Subcategory.aspx?;0;;N;0;288627;Parents>

- Child Care
- Child Support / Parental Visitation
- Children with Disabilities
- DCF Family Services Division
- Parent Support Groups
- Playgroups, Helplines and Classes

VT Family Network empowers and supports all Vermont families of children with special needs.

<https://www.vermontfamilynetwork.org/>

Center for Effective Parenting is a great website that offers tons of resources: <https://parenting-ed.org/for-parents/links-for-parents/>

- Parenting topics
- Family fun activities (games, activities, online learning)
- Working parents/caregivers
- Father specific info
- New & expectant parents
- Single parents
- Health

Summer Care:

Contact the childcare resource & referral agency in your county. They may be able to pay a subsidy for qualifying camps.

Parks & Recreation – call your town's office

- summer camps
- school vacation camps
- recreation activities year round
- scholarships based on income

Kids VT lists summer camps and rec activities year-round: <https://www.kidsvt.com/vermont/EventSearch?v=d>

Online Learning:

Learning, virtual zoo & park tours, staying active, audio books, games, videos, etc.

<https://www.bestkidstuff.com/education/best-online-learning-tools-for-kids/>

<https://www.fatherly.com/love-money/best-online-education-classes-children-coronavirus/>

<https://codakid.com/11-best-online-education-programs-for-kids/>

<https://www.khanacademy.org/> (math)

<https://www.duolingo.com/> (languages)

Ask your kids' teachers or principals for resources too!