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

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

[https://www.navigatorresources.net/211vermont/Subcategory.aspx?;;0;;N;0;288627;Parents](https://www.navigatorresources.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/](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/](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](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.bestkidstuff.com/education/best-online-learning-tools-for-kids/)
[https://codakid.com/11-best-online-education-programs-for-kids/](https://codakid.com/11-best-online-education-programs-for-kids/)
[https://www.khanacademy.org/](https://www.khanacademy.org/) (math)
[https://www.duolingo.com/](https://www.duolingo.com/) (languages)

Ask your kids’ teachers or principals for resources too!