

COVID-19 Resources for Families

Information/updates on COVID-19:

- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019_guidance.aspx
- <https://www.durham.ca/en/health-and-wellness/novel-coronavirus-update.aspx>
- <https://www.cbc.ca/news/coronavirus-guide-explainer-1.5497009>

Basic Needs:

- Doctors are writing prescriptions for formula, so that you can go to a pharmacy if you are unable to get formula in stores.
- Simcoe Hall Settlement House (905-728-7525; <https://simcoehall.com/>)
Open twice per day for food and baby essentials like formula, diapers etc. Food Bank will remain OPEN on Tuesdays, Thursdays and Fridays from 9-11:30am and 1-3pm.
- Other Food Banks:
 - Oshawa Knox Presbyterian Church 147 Simcoe St N Oshawa, ON L1G 4S6; 905-728-8673
 - New Life Neighbourhood Centre 33 Olive Avenue Oshawa, ON L1H 2N7; 905-404-2004
 - Salvation Army - Oshawa 45 King Street East Oshawa, ON L1H 1B2; 905 723-7422 ext 21
 - Seventh Day Adventist Community Centre 1170 King Street East Oshawa, ON L1H 1H8; 905 433-8800
 - St. Peter's Food Bank 1175 Cedar St Oshawa, ON L1J 3R8; 905-728-8080
 - St. Vincent de Paul Society - St. Gertrude's (Oshawa) 690 King St E Oshawa, ON L1H 1G5; 905-431-1796
 - St. Vincent de Paul Society - St. Philip's (Oshawa) 1314 Oxford Street Oshawa, ON L1J 3W6; 905-728-3937

Medical:

- **Maple:** Online doctors, virtual health & prescriptions in Canada. Skip the waiting room! Instantly connect with Canadian doctors for medical care from your phone, tablet or computer - any time, 24/7.
Website- <https://www.getmaple.ca>
- **Telehealth:** Call Telehealth for medical advice.
Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.
 - Toll-free:1-866-797-0000
 - Toll-free TTY:1-866-797-0007Telehealth Ontario is only offered over the phone. Email advice is not available.

Mental Health

- **Hope for Wellness Help Line**
1-855-242-3310 - This help line gives free national telephone crisis intervention and counselling support for First Nations and Inuit. Help can be reached toll-free, 24 hours a day, 7 days a week by calling 1-855-242-3310.
- **Kids Help Phone**
1-800-668-6868
Kids Help Phone is Canada's only national helpline for young people between the ages of 5 and 20. It offers:
 - 24-hour confidential and anonymous support
 - Professional counsellors and counselling options
 - Online resources that provide tips and advice on the challenges that young people face
 - Call 1-800-668-6868 to connect with Kids Help Phone. You can also download the Always There app.
- **Distress Centre Durham**
Distress Line: 905-430-2522; 1-800-452-0688
Pride Line: 1-855-87PRIDE (77433)
Business Line: 905-430-3511
Website: www.distresscentredurham.com

For other distress centre locations:
Ontario Association of Distress Centres - website has lists of Ontario distress centres
website: <http://www.dcontario.org/centres.html>
- **Ontario Suicide Prevention Network**
Website has lists of Ontario crisis centres
Website: <http://www.ontariosuicidepreventionnetwork.ca>

General Assistance:

- **Durham Region Care Mongers-** The volunteers are willing to help deliver groceries, pick up medicine, pet sit, provide childcare and even make phone calls to those struggling mentally during this stressful time. Those who want to access the service merely need to call **1-888-573-0982**.

Activities/Free Apps to do at Home:

- **The following ideas from <https://albuquerque.citymomsblog.com/current-event/at-home-activities-in-case-of-quarantine-during-a-covid-19-outbreak/>**

Arts & Crafts Type Activities

- Sensory bins full of rice, beans, marbles, water etc. (Search sensory bins on Pinterest to blow your mind.)
- Water colours.
- Make your own play dough – check out this recipe <https://washingtondc.citymomsblog.com/motherhood/homemade-play-dough-perfect-rainy-day-activity-toddler-moms/>
- Print free coloring pages from Crayola - <https://www.crayola.com/featured/free-coloring-pages/>
- For older kids, use drawing tutorials on YouTube - Art for Kids Hub. The family who run this YouTube channel teaches kids how to draw hundreds of things. The only materials you need are paper, markers, and a Sharpie.
- Sensory bottles.
- Practice letters/shapes/words using shaving cream or sand on a baking pan.

Outdoor Activities

Assuming you do not have COVID-19 and have not come into any contact with anyone who has contracted the virus, you can still go outside. Just make sure to practice social distancing. According to the CDC, social distancing involves “remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet) from others when possible.”

- Sidewalk chalk.
- “Paint” cinderblock, wood fences, or sidewalks with water. This one used to keep my boys busy for hours, and all you need is a bucket of water and a paint brush.
- Bubbles.
- Ride bikes.
- Go on a hike.
- Create a ninja warrior obstacle course in your backyard.
- Nature scavenger hunt.
- Collect leaves and do crayon leaf rubbings.
- If you have multiple children, have them create scavenger hunts for each other.

Media Activities

- Schedule movies or TV shows into your day so it’s something to look forward to and kids know it’s coming.
- Board games. Lots and lots of board games.
- Put reading time on your schedule.
- Use your library card to download audiobooks and digital versions of books via Hoopla or Libby.
- Have fun on the GoNoodle website. GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts.
- Podcasts for kids - Smash Boom Best, Brains On, and Six Minutes. Here’s another good podcast list for kiddos.
- Go on a virtual museum tour of 12 Famous Museums- https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR3ZINRJ0JWGqS7ILxJl_gsgnPLZBx6La0WnPUGogLypldhz06HckzBuHBA

Around the House

- Spring cleaning.
 - Plant your garden.
 - Baking.
 - Give your older kids cooking lessons -
<https://albuquerque.citymomsblog.com/parenting-wisdom/cooking-with-kids/>
 - Playtime in the bathtub.
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- Scholastics
<https://classroommagazines.scholastic.com/support/learnathome.html>
 - Khan Academy
<https://www.khanacademy.org>
Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.
 - BBC Learning
<http://www.bbc.co.uk/learning/coursesearch/>
This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.
 - Futurelearn
<https://www.futurelearn.com>
Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).
 - Seneca
<https://www.senecalearning.com>
For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.
 - Openlearn
<https://www.open.edu/openlearn/>
Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.
 - Blockly
<https://blockly.games>
Learn computer programming skills - fun and free.
 - Scratch
<https://scratch.mit.edu/explore/projects/games/>
Creative computer programming
 - Ted Ed
<https://ed.ted.com>
All sorts of engaging educational videos

- National Geographic Kids
<https://www.natgeokids.com/uk/>
Activities and quizzes for younger kids.
- Duolingo
<https://www.duolingo.com>
Learn languages for free. Web or app.
- Mystery Science
<https://mysteryscience.com>
Free science lessons
- The Kids Should See This
<https://thekidshouldseethis.com>
Wide range of cool educational videos
- Crash Course
<https://thecrashcourse.com>

You Tube videos on many subjects
Crash Course Kids
<https://m.youtube.com/user/crashcoursekids>
- Crest Awards
<https://www.crestawards.org>
Science awards you can complete from home.
- iDEA Awards
<https://idea.org.uk>
Digital enterprise award scheme you can complete online.
- Paw Print Badges
<https://www.pawprintbadges.co.uk>
Free challenge packs and other downloads. Many activities can be completed indoors.
Badges cost but are optional.
- Tinkercad
<https://www.tinkercad.com>
All kinds of making.
- Prodigy Maths
<https://www.prodigygame.com>
Is in U.S. grades, but good for UK Primary age.
- Cbeebies Radio
<https://www.bbc.co.uk/cbeebies/radio>
Listening activities for the younger ones.

- Nature Detectives
<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>
A lot of these can be done in a garden, or if you can get to a remote forest location!
- British Council
<https://www.britishcouncil.org/school-resources/find>
Resources for English language learning
- Oxford Owl for Home
<https://www.oxfordowl.co.uk/for-home/>
Lots of free resources for Primary age
- Big History Project
<https://www.bighistoryproject.com/home>
Aimed at Secondary age. Multi disciplinary activities.
- Geography Games
<https://world-geography-games.com/world.html>
Geography gaming!
- Blue Peter Badges
<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>
If you have a stamp and a nearby post box.
- The Artful Parent
<https://www.facebook.com/artfulparent/>
Good, free art activities
- Red Ted Art
<https://www.redtedart.com>
Easy arts and crafts for little ones
- The Imagination Tree
<https://theimaginationtree.com>
Creative art and craft activities for the very youngest.
- Toy Theater
<https://toytheater.com/>
Educational online games
- DK Find Out
<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktnmpaxqZbkgudD49171ep8-sjXmrac>
Activities and quizzes
- Twinkl
<https://www.twinkl.co.uk>
This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.