

## Resources for Talking to Children:

Talking to your children about Covid-19:

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

<https://theconversation.com/how-to-talk-to-your-kids-about-covid-19-133576>

Talking with children with disabilities, including autism:

Situations like the one we are experiencing with COVID-19 can be especially challenging for kids with disabilities, including kids who are on the autism spectrum. Here are some helpful resources to help talk to your kids:

[How to talk to your child with ASD about frightening situations](#)

[Flu picture story](#)

[Visual supports: Social Story about not sharing germs](#)

[Visual supports: Hand-washing steps](#)

Children with disabilities might not be able to describe their internal states and symptoms, such as a sore throat. This should be kept in mind during the COVID-19 screening process.

## Food Resources:

Project Bread Hotline: 1-800-645-8333

The Town of Weymouth is offering food delivery to folks who can't/shouldn't go out. Call: 781-682-6140

### Quincy Public Schools

"Grab-and-Go" meals will be available for students at North Quincy High School, Quincy High School, Snug Harbor Community School, and Lincoln Hancock Community School. The meals will be distributed Monday through Friday from 11:00 am to noon each day. *Additional details will be posted on the QPS website.* [www.quincypublicschools.com](http://www.quincypublicschools.com)

### Randolph Public Schools

Randolph Public Schools is committed to providing meals to our students throughout our closure. We are working with the Massachusetts Department of Elementary & Secondary Education to get authorization to serve breakfast and lunch for Randolph students while schools are closed. All children will receive a free breakfast and lunch every day. Meals will be bagged and ready for pick up each day. We will update families Monday, March 16th with details on locations, pick up times and when our meal service will begin. Please see the Randolph Public Schools website for menus and updates. <https://www.randolph.k12.ma.us/>

### Weymouth Public Schools

Beginning Tuesday, March 17, 2020, student meals will be available for pick up between 11:00 a.m. and 1:00 p.m. at Seach Primary School and Abigail Adams Middle School. Each student meal will consist of a bagged lunch each day. This program will be available each weekday, beginning Tuesday, during this two-week closure.

Weymouth Food Pantry

East Weymouth, MA 02189

(781) 331-7682

<https://www.weymouthfoodpantry.org>

Friendly Food Pantry

1 Turner Drive, Randolph, MA 02368

339-987-5577

YMCA/Germantown Food Pantry

Quincy, MA 02169

(617) 376-1384

Provides a food pantry. **This site does not serve Weymouth and only serves Quincy.** Hours: Wednesday 8:30am-12:00pm; 4:00pm - 6:00pm Friday 8:30am - 12:00pm Requirements: Residents of Quincy must bring ID, proof of income, a copy of their taxes if they loan, a copy of their lease if they rent, proof of residency (if it says Quincy on their ID, this would suffice) and also their own bag to put the food in. For more information, please call.

Salvation Army Quincy Food Pantry

Quincy, MA 02169

617-472-2345

Interfaith Social Services

Quincy, MA 02169

617-773-6203

One of Greater Boston's largest food pantries, Interfaith Social Services' Pantry Shelf has been providing emergency food to families and individuals since 1975. Last year volunteers distributed over 800,000 pounds of food to hungry families. Pantry Hours: Monday - Friday 10:00am to 11:45am. Every first and third Tuesday, 4:30pm - 6:30pm. Additional hours are available by appointment.

Quincy Community Action Emergency Food Center

Quincy, MA 02169

(617) 471-0796

QCAP helps families and individuals with limited resources by providing food relief, help applying for SNAP/Food Stamps and by promoting nutrition awareness and developing community support for hunger programs. Provides a food pantry. For more information, please call.

Braintree Community Food Pantry

Braintree, MA 02184

(781) 277-1609

Food Pantry Location: 3.34 miles from Quincy

## **Domestic Violence Resources**

### **DOVE**

24 Hour Hotline – 617-471-1234 or 1-888-314-DOVE  
Community Advocacy and Prevention Services -617-770-4065  
Dovema.org  
Dove continues to be fully operational

### **Casa Myrna Vazquez**

1-877-785-2020  
Casamyrna.org

Also calling 211 - a free and confidential services that helps people across North America find the local resources they need 24 hours a day, 7 days a week (through United Way). Call 211 and speak with a live, highly trained service professional in your area from any cell phone or landline. Calls are private and confidential.

## **Parenting Resources:**

Parents Helping Parents:  
Parental Stress Line 24/7 1-800-632-8188

Parents Helping Parents is offering parent support groups:

**Monday 3/23 at 9am and 4:30pm**  
**Tuesday 3/24 at 8am and 6pm**  
**Wednesday 3/25 at 9am and 4pm**  
**Thursday 3/26 at noon and 5pm**

Call in information for these groups are as follows:

Click this link to join the computer by computer or smartphone  
<https://zoom.us/j/6607380697>

If you cannot connect through the internet, you can call 1-646-558-8656  
then input the meeting id 6607380697#

### **Also:**

[SpringFour](#) helps connect individuals with services and assistance in their community. Just type in your zip code and the SpringFour tool provides instant, local results that can help you find affordable childcare, health insurance, save you money and improve your financial security. SpringFour currently offers information on more than 10,000 social service, government, and community-based organizations.

[FASTalk](#) is an evidence-based tool that offers lessons to help children continue their daily learning. Any caregiver with access to a cellphone can participate. Families receive weekly curriculum-aligned activities sent via text in their specified language. The activities are fun and easy for busy families to do anywhere.

Other Mental Health Support:

There is a new mental health hot line: call 2 talk ((508-532-2255) or it can be access through 211

State of Massachusetts Information:

Including information on unemployment. [www.mas.gov/covid19](http://www.mas.gov/covid19)

# NO SCHOOL! WHAT TO DO?

## ACTIVITIES TO DO AT HOME WITH YOUR CHILD

The Covid-19 Virus can be stressful to both parents and children. Without school and afterschool programs, children will not have the daily structure they are used to having. Parents may be home from work. Stress and boredom can lead to challenging behaviors in our children. It's important for children to keep busy. Too much TV or video game time may not be helpful as children need a balance of both physical and cognitive activities. Here is a list of activities that may be helpful as we wait for life to return to normal. The next few weeks can be stressful but also a wonderful time to be with your children and strengthen those relationships.

Set some daily structure – meal times, recess, educational activities, recreational activities, etc. Make a schedule such as: wake up time, morning walk time, academic time, creative time, lunch time, recess time, chore time, quiet time, dinner time, free time, bed time.

### Academic Time:

- Complete assignments that may be available at their school's website. Best to structure a consistent time during the day (e.g. Monday-Friday from 10-12) to do a worksheet and some reading. If assignments are not available find some online or create some on your own (e.g. give your child 20 math problems or read a story and answer 5 questions about the story)
- Have story time with your younger children. If you don't have many books look online or borrow from friends.
- There are many online learning resources, some of them are:
  - [www.scholastic.com/learnathome](http://www.scholastic.com/learnathome) - available on any device and will provide your child with up to 3 hours of free exciting learning experiences per day. They can go on virtual field trips, meet best selling authors, or dig deep into a topic they love
  - <https://classroommagazines.scholastic.com/support/learnathome.html> - day by day projects to keep kids thinking, learning and growing.
  - Abcya.com –Educational games for grades PreK through 6 that will keep kids engaged and having fun
  - Purposegames.com - - learning for kids
  - Amazingeducationalresources.com
  - Quizlet.com
  - [Washington Post's 12 Museums and Historic Sites You Can Tour From Your Couch](#)

### Creative Time:

- Make your own obstacle courses
- Create a scavenger hunt
- Create a story where the parent makes up the first paragraph and then the child makes up the second and keep going until the story is over. (e.g. Parent: "Once upon a time there lived a young boy named Willie who lived in a land far away called Rondovia. Willie loved to go into the woods and talk to the animals.....")
- Other Arts and Crafts if you have supplies at home – coloring, painting, sidewalk chalk outside, legos, play dough, make your own play dough (you can find recipes online), make slime (recipes online)
- Digital art – sketchpad, autodraw, kleki paint tool, Kidmons.com, hellokids.com, nickjr.com, artforkidshub.com

- Arts and Crafts projects you can do with your kids: <https://www.wgbh.org/kids>
- Cook with your child. Most children love to cook and they can improve both reading and math skills as they follow recipes.
- You Tube - Lunch Doodles with Mo Willems

#### Chore time:

- Have a regular clean up time when children help you clean the house. They can learn to do dishes/laundry, etc.
- Work together to get rid of some old toys that your child no longer uses to donate to the Good Will or Salvation Army.
- Kids can wash their toys in a big sink or tub and it could be fun for them. Fill the sink or tub with soapy water and put the toys in and let the kids play with the toys and water.

#### Recess - keeping distance from other kids/families outside:

- If you have a dog, take the dog for a walk
- Take a walk in the neighborhood or to your local park. It may be best to avoid playgrounds where there can be exposure from other children or adults. The Blue Hills Reservation has beautiful trails if you can get there.
- Bike rides or scooter rides

#### Inside physical activity:

- Find an exercise video to do with your child. E.g. [https://www.google.com/search?q=15+minute+exercises+at+home&rlz=1C1GCEO\\_enUS834US837&oq=15+minute+ex&aqs=chrome.3.69i57j0l7.13191j0j7&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=15+minute+exercises+at+home&rlz=1C1GCEO_enUS834US837&oq=15+minute+ex&aqs=chrome.3.69i57j0l7.13191j0j7&sourceid=chrome&ie=UTF-8)
- If you have a Wii do, Dance Dance Revolution or similar program with your child.
- Create your own daily exercise program or have your children lead you in an exercise program.

#### Free Time/Recreational Time:

- Make planned phone calls (Face Time or Skype if possible) to friends and relatives. Children may be worried about their elderly relatives and a phone call to grandma and grandpa might be reassuring.
- Watch a movie as a family.
- Play hide and go seek
- Play card or board games! Fish, War, Uno, Monopoly, Scrabble, whatever you have on hand.
- If you allow TV, have a set time and a time limit and the same for video games.
- Look at public TV for children's programming. <https://www.wgbh.org/kids>
- If you do video games choose an age appropriate game and participate with your child. There are also online games that can be played with friends or family remotely.

#### De-stressing/managing anxiety:

- Look up Guided Meditations on You Tube
- There are many great free breathing and calming apps. Some of them are:
  - Calm
  - Headspace
  - Mindfulness
  - Relax Meditation
  - Oak