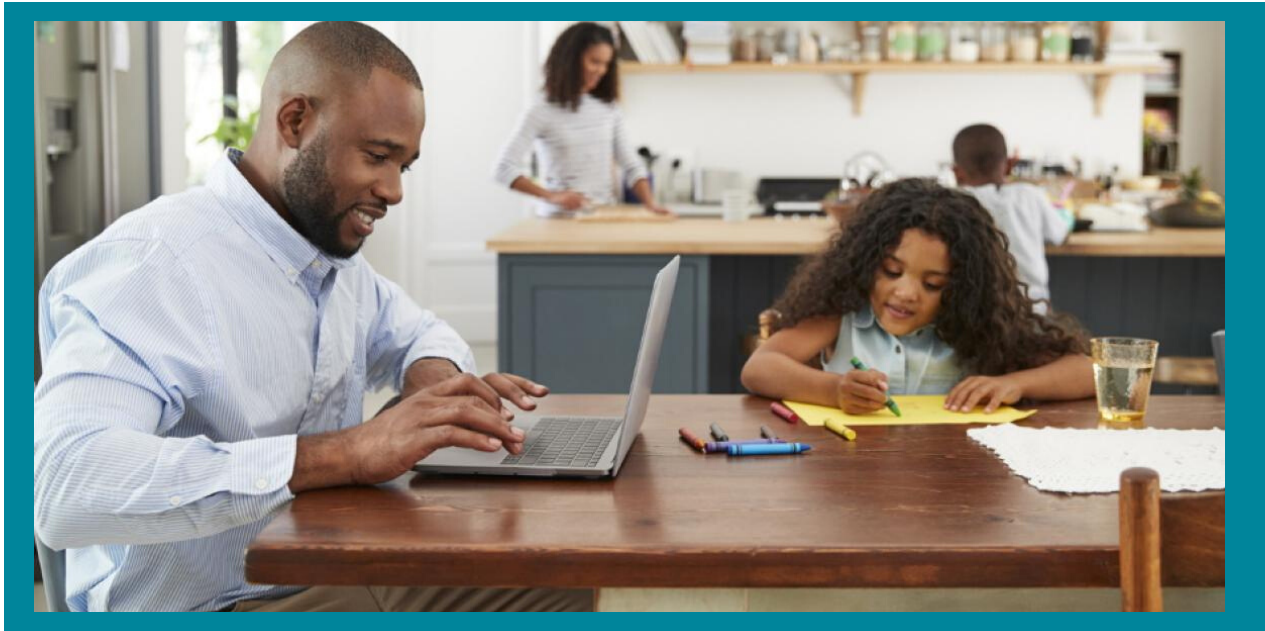


# Parenting Together

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**These are Unprecedented Times  
We can be a helper in some ways - big and small**

## Resources for Parents

With the official statewide closure in Oregon (and other states) of all schools through the end of the year, we know a lot of parents are home with one or more children trying to juggle everything from home-schooling to housework, to finances, to their own work. It is a lot to take on for anyone. Added to these responsibilities is the challenge of staying on top of the latest news surrounding the current global pandemic. No wonder so many of us feel overwhelmed. Although we may not be able to solve all the issues you and your family may be facing, we do have an extensive list of resources to offer in the hopes that it will be helpful to not have to hunt them down yourself!

**1**

### [Resources for parents during COVID-19 quarantine](#)

Here you will find a wealth of resources related to COVID-19 information - how to talk to your children about it, how to manage stress & anxiety at home, helping children understand, etc. You will also find some wonderful online learning resources and activities for children while at home. Lastly, there are several articles linked on how to help children understand and manage their emotions.

**2** *Advice for families under quarantine*  
As schools began to close their doors to help prevent the spread of COVID-19, parents nationwide suddenly found themselves trying to home-school their children, work from home, and keep everyone fed and clothed while maintaining some semblance of sanity. Two early childhood researchers at Oregon State University's College of Public Health and Human Sciences are offering guidance for how to make the best of these challenging times.

**3** *Additional online resources & support for parents*

**4** *Parenting Together newsletters & booklists*

**5** *Find your local Parenting Education Hub*

**6** *Hallie E. Ford Center for Healthy Children and Families*

**7** *Resources to help children manage their emotions*

1. "Use Your Words": Moving Beyond Tantrums to Express Challenging Emotions
2. Parenting Now!: Helping children manage big emotions with everyday conversations
3. Website for resources from the book, Creating Compassionate Kids



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