



How To Keep Your Kids Happy and Healthy While At Home

Advice from your Community Coalition during the COVID-19 outbreak

Your kids are going to be spending a lot more time at home in the upcoming weeks. We want you to know that just because they aren't in school doesn't mean they need to stop learning!

In fact, there are many ways to keep your child entertained and engaged with their education and to keep you from feeling completely overwhelmed.

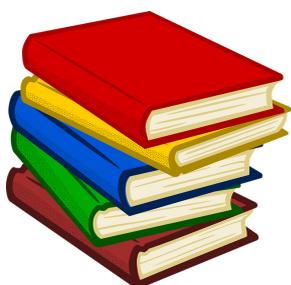
So, how can you optimize their time at home?

1. Encourage healthy habits

- ◇ Use this opportunity to remind your kids about proper hand-washing and hygiene (cover your mouth, don't touch your face, wipe down surfaces, etc.).
- ◇ Click [here](#) for professionals' practical tips about social distancing on issues such as dating, public transportation, gym workouts, parties, shopping, and more.
- ◇ Post a [hygiene checklist](#) on your fridge or bathroom mirror.
- ◇ Even though they don't have to get up early for school, be sure your kids go to bed at a decent hour. Adequate sleep is vital to staying healthy.
- ◇ Pay attention to your kids' diets and how often/what they are snacking. A well-balanced meal and limited sugar will aid their immune systems in fighting off viruses.
- ◇ Give your kids frequent breaks from school work. Learning in a different environment takes extra mental energy, so encourage little exercise breaks.
- ◇ Check out this [article](#) from Child Mind Institute for more great tips.

2. Create a fun environment that stimulates learning

- ◇ Pro Tip: Encourage kids to stick to their normal subject schedule (for instance, if they have math first thing in the morning, do math first thing at home).
- ◇ The Cincinnati Zoo is temporarily closed, but visit their [Facebook page](#) every day at 3 p.m. for a live animal presentation and an activity you can do from home!
- ◇ Movement activities:
 - ⇒ Check out the kids videos with [Flex Yoga](#)
 - ⇒ [Go Noodle](#): Fun movement and mindfulness activities
 - ⇒ [Curiosity Corner](#) has some fun interactive challenges!
- ◇ [Kids National Geographic](#): Games, quizzes, fun facts, and more!
- ◇ [Switcheroo Zoo](#): Interactive animal games and activities
- ◇ [Highlights Kids](#): Activities, jokes, games, and more
- ◇ [Magic Tree House](#): Interactive books and games
- ◇ [Storyline Online](#): Videos of narrators reading through fun books!
- ◇ [Vooks](#): A kid-safe, ad-free streaming library of read-aloud animated storybooks (1 month free, then \$4.99 a month)
- ◇ [Wonderopolis](#): A place for curiosity, imagination, exploration, and discovery
- ◇ Forbes recently published an [article](#) with multiple ideas for keeping your kids entertained. A few of these options are:
 - ⇒Indoor: Board games, making puppets, baking together
 - ⇒Outdoor: Walk around in a park (avoid equipment and close contact with others), take a stay-in-car road trip, or go tent camping in your backyard



Online Learning Resources: Click the links below!

[Scholastic Learn At Home](#): A new project each day to keep kids reading, thinking, and growing

[PBS Learning Media](#): Free videos and interactive lessons

[ABCYA](#): Exciting learning activities

[Fun Brain](#): Resources for pre-K through 8th grade

[Starfall](#): Pre-K through 3rd grade resources

[Phonics Hero](#): Free 7-day trial for your child who is learning to read

[Dreamscape](#): An engaging reading game for ages 2-8

[Kids Discover](#): Science and Social Studies

[Khan Academy](#): Math, Science, Economics, Test Prep, and more (by age)