

Parent Resource Guide

Below are some links for: **Online Learning Resources, Webinars, Articles, and Activities to support your family's needs.**

Online Learning Resources:

- [Open Culture:](#)
This site provides access to free resources for preschool thru 5th grade.
- [Khan Academy:](#)
This is a non-profit offering free online courses for Pre-K through 12th grade.
- [Scholastic:](#)
This site offers online learning games for younger children and a free weekly newsletter for ideas regarding at home learning.
- [National Council of Teachers of English:](#)
This site provides resources to help students (elementary thru high school) with their writing and grammar skills.
- [Casio:](#)
This is a resource for an online math software program offering webinars and math lessons for K through 12th grade.
- [K-12 Online Tutoring](#)
Tutoring is available for several subjects. See pricing options on their website.
- [Learn To Be](#)
A non-profit resource offering free tutoring nationwide.
- [Sylvan Learning](#)
This site offers online and in-person tutoring. See pricing options on their website.
- [Reading Success Plus](#)
A program to assist children who may be struggling with dyslexia offering resources specific to meet individual needs when it comes to reading, writing, and math. See pricing options on their website.



Our worklife website, MyLifeExpert, has many applicable resources. Just click on any of the links below, log in to MyLifeExpert, and you will be able to view the document.

Webinars:

- [COVID is No Longer a Sprint...It's Now a Marathon...](#) (*mylifeexpert.com*)
- [Talking To Kids About Current Events](#)
- On-Demand webinars: <https://allonehealth.com/covid-19-resources/covid-19-on-demand-webinars/>
- [Emotional Composure - Remaining Unruffled & Dynamic Under Stress](#) (*mylifeexpert.com*)

Articles & Information:

- [Help Stop the Spread of COVID-19 in Children](#) (*mylifeexpert.com*)
- [Back-to-School Decision-Making Tool](#) (*mylifeexpert.com*)
- [Back to School Planning](#) (*mylifeexpert.com*)
- [Fall Holiday Celebrations](#) (*mylifeexpert.com*)
- [Support for Teens and Young Adults](#) (*mylifeexpert.com*)
- [Planning for Virtual or At-home Learning](#) (*mylifeexpert.com*)
- [Help Children Learn at Home](#) (*mylifeexpert.com*)
- [Tips for Helping Children and Youth Cope After a Traumatic Event](#) (*mylifeexpert.com*)
- [Keep Children Healthy during the COVID-19 Pandemic](#) (*mylifeexpert.com*)
- [Playing Sports: Make a game plan to reduce risk](#) (*mylifeexpert.com*)

Resources:

- [Find Meals for Kids When Schools are Closed](#) (*mylifeexpert.com*)
- [Vaccinefinder - Get vaccinated at a location near you](#)
- [ASL Video Series: Tips for Keeping Kids Healthy While Out of School](#)
- [ASL Video Series: Answers to Children's Questions About COVID-19](#)
- BACK TO SCHOOL PLANNING: GUIDING PARENTS, GUARDIANS, AND CAREGIVERS
[Click Here To Download](#)

Mobile Apps: ([mylifeexpert.com](#))

- [COVID Coach](#)
- [Insomnia Coach](#)
- [Mindfulness Coach](#)
- [Mood Coach](#)

Fun Online Family Activities

Free resources to learn something new from the comfort of your own home.

- [NASA Kids' Club](#)
- [FBI Kids and Teen](#)
- [Nutrition.gov Kids' Corner](#)
- [MyMoney.gov Resources for Youth](#)
- [National Gallery of Art](#)
- [Association of Zoos and Aquariums](#)

WEBSITE: www.lytleap.com

TOLL-FREE: 800-327-7272

