Resources

Technology Support

- [Trello](#)
- [Slack](#)
- [Zoom](#)
- [Covid-19](#)

Entertaining Kids

- Learning Languages on [Babble](#)
- [Amazon FreeTime](#) – access to kid books, movies, games, and apps
- [Messenger Kids](#) – Facebook app
- [Zoom](#) and [FaceTime](#) – playdates, family visits, story time
- [Letter of the Day](#)
- Letters on mailbox to entertain neighborhood walkers
- Organize a neighborhood safari; I spy animals during your walks
- Ask Alexa – she will tell clean jokes and fart!

Self Care

- [Sesame Street PSA for Parents](#)
- Wine, candy, ice cream, chocolate
- Trying new cocktails
- Bubble baths
- Screaming (outloud, not at anyone)
- NWIR web calls, Zoom meetings with friends
- Outside run or walk, yoga
- Alone time to read, watch movie, eat lunch, etc.
- Remove [blue light](#) for late night device usage
- Dates after kids are in bed
- Strengthen Relationships
  - [https://www.enneagraminstitute.com/](https://www.enneagraminstitute.com/)
  - [https://www.5lovelanguages.com/](https://www.5lovelanguages.com/)
  - [https://www.loveandrespect.com/](https://www.loveandrespect.com/)