



# COVID-19: Caregiver Resources When Kids Return to School

As a result of the pandemic, millions of students are going back to school virtually this fall. Those of us who are fortunate to work remotely will play a much larger role in our kids' distance learning while navigating remote work, home life and the pandemic.

Luckily, education leaders and organizations are offering free resources for caregivers during this challenging time. In addition, it's important to learn about the resources made available by your school, district or homeschooling group.

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Claremont has compiled a list of helpful articles, videos, and webinars to support you as you juggle the demands of work while helping your children's distance learning in this age of uncertainty.

## Webinars/Videos

Working Parent – How to Juggle your Changing Demands and Home School Your Child - [Click to view](#)

3 Keys to Help Your Child Cope, So They Can Stay Calm, Focused, and Even Happy During the Pandemic - [Click to view](#)

The Three E's of Learning: Emotional Regulation, Practical Strategies for Children, Tips and for Adults - [Click to view](#)

The Need for Daily Check-Ins - [Click to view](#)

## Articles

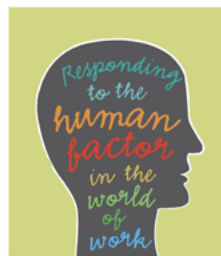
Transitioning During Uncertain Times - [Click to read article](#)

How to Reduce the Stress of Homeschooling on Everyone by GGSC Greater Good Magazine - [Click to read article](#)

Keep Calm and Structure On - [Click to read article](#)

## Additional Resources

California Department of Education offers a list of free educational resources for distance learning from a number of publishers. - [Click for resources](#)



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To access your free and confidential services, contact Claremont at:

**800-834-3773**

[claremonteap.com](http://claremonteap.com) | [positivitycenter.org](http://positivitycenter.org)

### COVID-19 RESOURCE CENTER

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