## Resources for Parents

* [Coronavirus in Washington: What Parents Need to Know](https://www.parentmap.com/article/coronavirus-washington-parents-actions)
* [7 Genius Ideas to Help Overcome the Loneliness of Social Distancing](http://www.parentmap.com/article/coronavirus-creative-fun-generosity-connection-family)
* [5 Ways to Survive a Mom Sick Day](https://www.parentmap.com/article/stay-at-home-mom-sick-day)
* [The Surprising Power of Self-Compassion](http://www.parentmap.com/article/thira-health-self-care-kindness-compassion-parents)
* [5 Best At-Home Workout Apps for Parents](https://www.parentmap.com/article/best-workout-apps-busy-parents)
* [CDC Coronavirus Recommendations](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
* [CDC COVID-19 FAQ](https://www.cdc.gov/coronavirus/2019-ncov/faq.html)
* [King County Public Health](https://kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx)
* [King County COVID-19 FAQ](https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/FAQ.aspx)
* [Washington State Public Health Department](https://www.doh.wa.gov/Emergencies/Coronavirus)
* [Seattle and King County Coronavirus Information page](https://kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx)
* [World Health Organization – Coronavirus update page](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)
* [What to Do When Your Kids Won’t Stop Fighting](http://www.parentmap.com/article/siblings-kids-fighting-solutions)
* [You Don’t Have to Constantly Entertain Your Child](http://www.parentmap.com/article/allow-kids-bored-entertained)
* [Quick Mindfulness Cures When Your Kids Are on the Brink](https://www.parentmap.com/article/tantrum-mindfulness-meditation-kids-practice)
* [5 Ways to Help Kids Deal With Disturbing News](http://www.parentmap.com/article/5-ways-help-kids-deal-disturbing-news)
* [Meal Plans for Free and Reduced Lunch Students During School Closures](https://www.king5.com/article/news/health/coronavirus/schools-preparing-to-feed-students-despite-coronavirus-closures/281-c2e58a5b-c5fa-4640-9f55-1f62c1363d4e)
* [Anti-Stigma Resources](https://kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/anti-stigma.aspx)

## Educational

* [Best Online Education Resources for Kids and Families During Coronavirus School Closures](https://www.parentmap.com/article/resource-guide-homeschooling-kids-education)
* [9 Awesome Educational YouTube Shows](http://www.parentmap.com/article/9-awesome-educational-youtube-shows)
* [7 Fun and Educational Kid-Friendly Apps](http://www.parentmap.com/article/weird-apps-best-summer-vacation)
* [9 At-Home STEAM Activities to Get Kids Excited About Science](http://www.parentmap.com/article/diy-easy-steam-science-experiments-for-kids/1#pager-content)
* [4 DIY Experiments to Get Kids Interested in STEM](http://www.parentmap.com/article/stem-science-diy-activities-kids)
* [10 Must-Listen Podcasts for Tweens and Teens](http://www.parentmap.com/article/best-podcasts-tweens-teens)

## Indoor Family Fun

* [20 Ways to Keep the Kids Busy If You Are Stuck at Home](https://www.parentmap.com/article/how-to-keep-kids-busy-if-you-are-stuck-home)
* [10 Indoor Kids’ Crafts and Activities to Tame Cabin Fever](https://www.parentmap.com/article/20-indoor-kids-crafts-and-activities-to-tame-cabin-fever)
* [5 Trendy Tutorial Sites for Your Crafty Kid](https://www.parentmap.com/article/5-trendy-tutorial-sites-your-crafty-kid)
* [7 Spring and Earth Day Crafts and Activities for Kids](https://www.parentmap.com/article/15-earth-day-crafts-and-activities-for-kids)
* [How to Set Up a Makerspace on the Cheap](http://www.parentmap.com/article/how-set-makerspace-cheap)
* [ParentMap's Craft and DIY Central](http://www.parentmap.com/crafts-diy)
* [Cheap Indoor and Outdoor Games for Kids](http://www.parentmap.com/article/best-outdoor-indoor-party-games)
* [25 Surefire Indoor Play Ideas from a Preschool Teacher's Bag of Tricks](http://www.parentmap.com/article/25-indoor-play-activities-from-a-preschool-teacher)

## Outdoor Outings & Virtual Field Trips

* [‘Stay Home, Stay Healthy’ — Can Seattle-Area Families Still Go Outside?](https://www.parentmap.com/article/washington-stay-home-stay-healthy-can-families-go-outside)
* [Seattle-Area Places to Go With Kids Amid Coronavirus Fears](https://www.parentmap.com/article/where-go-seattle-kids-coronavirus-fears)
* [10 In-City Forest Walks for Families Around Seattle and the Eastside](https://www.parentmap.com/article/city-forest-walks-seattle-and-eastside-families)
* [Geocaching 101: Treasure-Hunt Your Way Around Puget Sound](http://www.parentmap.com/article/geocaching-101-where-and-how-around-puget-sound)
* [Painted Rocks: Get Crafty and Get Outside](https://www.parentmap.com/article/painted-rocks-treasure-hunt-kid-craze)
* [10 Best Bike Paths for Seattle and Eastside Kids on Wheels](https://www.parentmap.com/article/best-bike-paths-for-kids-seattle-bellevue-eastside)
* [7 South Sound Bike Paths for Kids on Wheels](https://www.parentmap.com/article/best-bike-paths-kids-families-tacoma-olympia-south-sound)
* [Virtual Outings and Field Trips for Seattle-Area Kids and Families](https://www.parentmap.com/article/virtual-field-trips-seattle-kids-coronavirus)

## Meal Prep

* [Big-Batch Recipes for Busy Weeknight Dinners](https://www.parentmap.com/article/big-batch-recipes-busy-weeknight-dinners)
* [8 Sheet-Pan Dinners Your Family Will Love](https://www.parentmap.com/article/one-sheet-pan-family-dinner-recipes)
* [Cook Once, Feed the Family for Days](https://www.parentmap.com/article/cook-once-feed-family-days)
* [Cook Once, Feed the Family for Days: Vegetarian Dinners](https://www.parentmap.com/article/cook-once-feed-family-days-vegetarian-meals)
* [10 Best Frozen Dinners for Hectic Evenings](https://www.parentmap.com/article/best-frozen-dinners-hectic-evenings-families)
* [6 DIY Dinners to Encourage Picky Eaters to Be More Adventurous](https://www.parentmap.com/article/diy-family-dinner-recipes-picky-eaters-kids)
* [5 Slow Cooker Recipes for Families on the Go](https://www.parentmap.com/article/slow-cooker-recipes-crockpot-families)
* [10 Easy Dinners With Shortcut Ingredients](https://www.parentmap.com/article/easy-family-dinners-shortcut-ingredients)
* [Under Pressure: 10 Instant Pot Recipes and Tips](https://www.parentmap.com/article/10-best-instant-pot-recipes-and-tips)
* [12 Power Pantry Ingredients for Every Family’s Kitchen](https://www.parentmap.com/article/ingredients-staples-recipes-lunch-dinner-families)