



Resources for Parents and Families

Updated 3/25/20

Families may be struggling with children out of school, parents working at home or out of work, or with managing childcare for essential workers. The following resources may help. We are continuously working to expand and improve these!

Talking to your Kids:

The Centers for Disease Control has provided information about talking to your kids about COVID-19 at

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Food for Children:

For food resources for children, visit <http://tinyurl.com/CPOfood> This includes both resources specific to kids from 0-18 and resources for food pantries that can provide for families.

Families should also be aware that food stamp benefits have been extended and increased. WIC services remain available by phone at 417-864-1540, rather than in-person visits and certificates now offer increased flexibility in sizes and brands.

- Substitute medium eggs for large eggs
- Substitute 2 half gallons of milk for 1 gallon of milk
- Substitute Jif, Skippy or Peter Pan (16-18 oz) jars for store brands

In addition, quantities per certificate will now be lower to manage food supplies and shortages.

Education:

Springfield Public Schools and other districts are working to teach students at home. For more information on SPS at Home, visit <https://www.sps.org/Domain/57> Other districts should have information available on their websites and social media.

Childcare:

Daycares and preschools can still provide care for children of essential workers. Several resources are available for essential workers, particularly healthcare workers, including the Ozarks Regional YMCA, Discovery Center, and Springfield Public Schools.

Parenting Support:

We know this is a time of high stress for families. Community Partnership's Triple P program is here to help with virtual parenting support. Call 417-888-2020 to connect with virtual parenting support during these hard times.