



## Community Resources for Families and Parents

The world is changing all around us right now. Even though schools and shops are closing, there are still many service providers who are here to help you and your family navigate these changes. Please review and contact any of these agencies if you need assistance.

### Diapers

**Great Circle** is offering virtual home visits and drop off services to their clients for basic necessities. They are also taking new families with children aged birth – 3. Please contact Renae Bosserman at [renae.bosserman@greatcircle.org](mailto:renae.bosserman@greatcircle.org) or call 417-689-9977.

**Diaper Bank of the Ozarks** can provide options for where to find free diapers. Call or text 417-501-4411.

### Food

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.

For a list of open food banks and food resources, please visit <http://tinyurl.com/CPOfood>.

### Housing Assistance

**One Door** – If you are at risk of becoming homeless or currently without a safe, stable, place to stay, please call 417-225-7499 to speak to a specialist. One Door provides a central point of entry for coordinated intake, assessment and referrals for housing and shelter services.

### Help with Parenting

**Community Partnership's Triple P** program is here to help with virtual parenting support. Call 417-888-2020 and ask for Diamond or email [dnetzer@cpozarks.org](mailto:dnetzer@cpozarks.org) to connect with virtual parenting support during these hard times.

**First Birthday** is offering phone visits for low-income families in need of pack n' plays and safe sleep education. Call 417-888-2020 or reach out to Dana at [dcarroll@cpozarks.org](mailto:dcarroll@cpozarks.org).

### Childcare

Childcare has become limited due to the changes in our community's shelter-in-stay mandate. If you are classified an "essential worker" by the government, please reach out to the One Stop number below for options.

**The One Stop for Early Childhood** is offering help locating available resources for early childhood, financial assistance, family friendly activities, childcare options, and others. Please contact Kayla at 417-887-3545 ext. 210.

### Addiction

**Burrell Behavioral Health** offers a range of services for people walking through addiction. Please contact at 417-761-5000 to speak with a caseworker about your options.

## Domestic Abuse



Are you in imminent risk of harm? Call **911**

**The Victim Center** provides counseling services and crisis support: 417-863-7273

**Isabel's House** provides crisis nursery care for children from birth to age 12: 417-865-2273

**Harmony House** provides emergency shelter for victims of partner violence: 417-864-7233 (24hr)

## Expecting a Child



**The Doula Foundations** is providing virtual prenatal, postpartum support visits. Classes are available on a private Facebook group that people can access by messaging them on Facebook. They are also offering a virtual Daddy Doula Class for partners that will now be supporting their clients alone. Please contact Patricia at 417-832-9222 or email at [patricia@doulafoundation.org](mailto:patricia@doulafoundation.org).

## How do I homeschool my kids?



**Springfield Public Schools** has created an online resource center to help adjust to schooling from home. For more information, call your child's school or visit <https://www.sps.org/Domain/57>.

Please understand these are trying and difficult times on children. Adapting to changes in their routine and structure can be difficult for kids. It is typical to expect behavioral changes in your kids during this time. Here are a few tips for homeschooling your kids:

- **Create a schedule for their day**, including morning routines before school, exercise breaks, meals, and free time. Let them decorate their schedule and be involved as much as possible.
- **Allow for breaks and interruptions.** Learning to focus in a home environment takes time. It's okay if you take multiple breaks to help let out energy.
- **Understand that homeschool is not a 7-hour day.** Here are a few recommended times for schooling:
  - Elementary – 1 to 2 hours a day
  - Middle School – 2 to 3 hours a day
  - High School – 3 to 4 hours a day
- **Talk to your kids about the Coronavirus.** Explain the importance of washing their hands and make it fun by singing songs while washing.
- **Give yourself grace.** You may not be trained to be an educator and that is okay. We are all learning to adjust right now and it's important to go easy on yourself and your kids.