

Planning a Socially Safe Summer

A Child Care
Resource Guide
for Parents



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Introduction

"Trying to execute my 40-plus hour remote work week along with juggling everything is exhausting...summer camps continue to close, playdates are few and far between, and work is as busy as ever..." Exhausted Parent, April 2020

For most households, including those with working parents, a blank summer slate is a bit nerve racking. With the school year ending, many parents realize that there may be a large unavoidable hole in their children's summer activity schedule as a result of the COVID-19 pandemic. Across the country, many summer breaks will commence without the support of day care centers, summer camps, enrichment programs, vacations, and other activities children usually look forward to. Families now face a new challenge—figuring out what to do with their kids over the summer.

COVID-19 has put a wrench in almost everyone's summer plans, especially the child care components. In addition to school and other businesses, most day care centers and camps are closed and will either remain so for the duration of the summer or open with adjusted schedules and possibly limited access to ensure important health protocol guidelines are adhered to. Many families that employ babysitters are flying solo as they consider the risks of having non-family members or even relatives in their homes to help with the kids. As a working parent, you might be wondering how you will manage this summer with kids at home with all the barriers and restrictions for care and activities.

In an attempt to make things a little easier for parents who need to keep their kids busy and want to offer them something new, but don't feel they have time to search around, we have compiled a collection of links, tips, and ideas that can be easily referenced.

Getting Started



Juggling the everyday to-do list while working full-time is not easy under normal circumstances, let alone in the wake of COVID-19. Most working parents have had to throw child care and remote schooling into the mix on top of everything else, including getting their jobs done. Now that school is coming to an end, there is even more time to fill for children which even under normal circumstances can be challenging and stressful, let alone during a global pandemic. Some recommendations to consider before kicking off your plans for the summer are included.

PULSE CHECK—Check in with your children, yourselves, and your mental health. For so many, life as we know it has changed dramatically as a result of the novel coronavirus pandemic. No one was prepared for this, especially children. Children have had to adjust quickly to a very different new normal. While many seem OK on the surface, many of them are experiencing anxiety, trouble sleeping, and burnout and may need to grieve the loss of what could have been this summer. Here are some helpful [resources](#) offered by The Child Mind Institute that parents can use to support their children's mental health and wellbeing. As adults, many of us have experienced deep loss or disappointment at one point or another, but adults have more life experience and

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Getting Started

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tools to draw from in order to cope or determine if we need to seek [professional help](#). It is important to help children feel safe, keep healthy routines, manage their [behavior](#), and build [resilience](#).

ROUTINES ARE KEY—Maintain a routine with some flexibility. A routine can help give children a sense of control and calm. You may want to involve your kids in the process of creating their schedule for the day or week, as it may empower them and encourage them to follow it. Take time to identify some fun activities they can do throughout the day and have them choose which ones they want to do. It is more important than ever to maintain bedtime and other routines to create a sense of order to the day that offers reassurance in a very uncertain time. All children, including teens, benefit from routines that are predictable yet flexible enough to meet individual needs. [Click here](#) to see a sample schedule.

ALIGN ON SCREEN TIME—Set screen time expectations. All kids have been exposed to significantly more screen time since being in quarantine. Discuss how the family will balance screen and non-screen time over the summer.

Many parents are feeling a time crunch as they try to balance the demands of work, taking care of themselves, and caring for their children.



CONNECTIONS ARE GOLDEN—Stay connected. Take the time to stay connected with others. Schedule virtual or socially distanced get-togethers for adults and children with friends and family. Some things you can do together include video calls, online games, exercising, enjoying time outside, and just socializing together. Please note that all in-person engagements need to comply with social distancing protocols, and it's always good to bring your own mask and sanitizer wherever you go.

KEEP KIDS LEARNING—Incorporate some academic and creative development. With the kids at home, it is a good opportunity to promote some positive learning opportunities and prevent a summer slide by infusing some fun academic activities like reading and online activities like [theatrical performances](#) and [museum tours and more](#).

STAY ACTIVE—Exercise has so many [benefits](#) for adults and children alike. It is a great way to stay healthy, gain strength, and reduce stress. Many parents are feeling a time crunch as they try to balance the demands of work, taking care of themselves, and caring for their children. Consider looking for ways to exercise with your kids, especially younger ones who are unable to do so without supervision. It is a fun and healthy way to spend time together, and there are so many [ways to stay active together](#).

Overview of Child Care and Summer Program Types



Children and adults have historically looked forward to summertime. Many variables like personal preference, budgets, values, commitments (both work and personal), family traditions, geographic location, child temperament, and interests can all influence what families choose to do over the summer. Summer camps and other forms of summer care allow working parents to plan for safe and engaging child care over the long break. Many ways families secure child care during summer breaks are listed below. It is important to note that in the wake of COVID-19, careful attention must be paid to social distancing and sanitary practices, and many of the in-person options present logistical and safety challenges. So, some creativity, collaboration, and open mindedness may be necessary to make things work.

SITTERS—School is out for older teens and college students, too. Work is hard to find. A sitter can work 1:1 with your child, or perhaps you can partner with another family so that your children have some social interaction. Contact the high school guidance department and ask them to contact students they can recommend. If there is a college nearby, contact the Early Childhood, Education, and Leisure Services departments. Interview carefully.

VISITS AND EXTENDED VACATIONS WITH RELATIVES—Summer has often been a season when children spend time with grandparents or other relatives, locally or further away, while parents work. Usually there is little to no cost at all beyond travel expenses or costs of activities. These visits can be exciting for children affording them an opportunity to live away from home and nurture other family relationships.

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Overview of Child Care and Summer Program Types

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DAY CARE—The care and supervision of children whose ages range from six weeks to thirteen years can be provided in the home of a caregiver or in a center-based facility. Child Care Aware is maintaining a constantly [updated map](#) that shows state regulations around child care centers reopening.

DAY CAMP—Private camps, the Scouts, the YMCA, 4-H, and your local community recreation program all offer day camp opportunities of anywhere from a week to all summer. For children too young or who don't want to be away from family and friends, day camp provides the camp experience without the separation.

OVERNIGHT CAMP—These camps run from one week to full summer and are supervised programs for children and teens that take place away from home. Some are private while others are run by organizations like the Girl and Boy Scouts, religious affiliates, or non-profit organizations.

COMMUNITY RECREATION DEPARTMENT ACTIVITIES—Many communities have a local recreation department that offers sports camps, arts and crafts camps, or a day camp kind of model. Many offer a sliding-scale fee structure and may have a scholarship program.

ACADEMIC ENRICHMENT—Many school systems and private entities offer summer programs that include some academics. These programs can also include crafts, sports, and the arts, so it isn't all work and no play. Additionally, tutors and teachers may be able to provide some academic enrichment during the summer as well.

VOLUNTEER WORK—Kids who are between 12 and 16 are the hardest to occupy in the summer. Many consider themselves too old for many of the other options and yet they are too young for paid employment. Give them a head start on paid work in the future. Help them build a resume and a work ethic by doing some volunteer work.

FULL-TIME PARENTAL SUPERVISION/PARENT-TO-PARENT SWAPS—This is one of the more hands-on child care options where parents are responsible for the care and oversight of the children during the summer. Parents who choose to partner with another family that have children of similar ages can consider using some vacation time to provide a parent-run "camp." It is important for both families to communicate throughout the process to align on logistics, schedule, and values.

CHILD CARE CO-OP—A child care co-op is a group of families that trade child care services for the convenience and benefit of everyone involved. No money is exchanged. Instead families keep track of usage through points or honor systems designed to keep things fair. It can work particularly well for families that only need occasional child care or parents who work non-traditional schedules.

Safety Considerations

As some communities in the United States begin to reopen and convene youth camps and other summer programs, the Centers for Disease Control (CDC) offers the following considerations for ways in which summer program administrators can help protect children, staff, and communities, and slow the spread of COVID-19. Program administrators can determine, in collaboration with [state and local health officials](#), whether and how to implement these considerations, making adjustments to meet the unique needs and circumstances of the local community. Most in-person summer programs will provide detailed materials documenting their protocols to comply with health guidelines.

Understanding Risk Levels

Fortunately, there are several actions that administrators of summer programs and camps can take to help lower the risk of COVID-19 exposure and spread. The more people a camper or staff member interacts with, and the longer that interaction, the higher the risk of COVID-19 spread. The risk of the spread increases as follows:

- **Lowest Risk:** Small groups of campers stay together all day, each day. Campers remain at least six feet apart and do not share objects. Outdoor activities are prioritized. All campers are from the local geographic area (e.g., community, town, city, or county).
- **More Risk:** Campers mix between groups but remain at least six feet apart and do not share objects. Outdoor activities are prioritized. All campers are from the local geographic area.
- **Even More Risk:** Campers mix between groups and do not remain spaced apart. All campers are from the local geographic area.
- **Highest Risk:** Campers mix between groups and do not remain spaced apart. All campers are not from the local geographic area.

COVID-19 is spread mostly by respiratory droplets that are released when people talk, cough, or sneeze. It is thought that the virus may spread to hands from a contaminated surface and then to the nose or mouth, causing infection. Therefore, personal prevention practices (such as [handwashing](#), [staying home when sick](#)) and environmental [cleaning and disinfection](#) are important.

It is imperative for parents to be confident their children are safe, both for personal peace of mind, and the ability to focus when their kids are in the care of others. As parents consider summer program options, they should consider the risks at hand and the safety precautions the provider is planning to take.

Child Care Options for Summer 2020



Babysitting—Online or In Person

Social distancing is optimal, but each family has unique child care needs. Perhaps you had a babysitter who cared for your children regularly in your home prior to the pandemic, but in light of quarantine, you are not comfortable having anyone other than your immediate family in your home. Also, not only do children have particular needs and temperaments, but parents work in many different capacities; some adults work from home and others at a physical work location. It is important to consider your specific situation and child care needs. Keep in mind that local social distancing rules are in effect in most areas, so as you make your plans for the summer, you should follow your local guidelines.

Babysitter Search: Finding a sitter is no easy feat, so consider tapping your own network of friends or your broader community for referrals. Some great sources for leads include school guidance departments, colleges, or summer camps, as many would-be counselors may be unemployed with so many camps remaining closed. Additionally,

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Child Care Options for Summer 2020

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there are online services that allow you to search their network of sitters and filter by criteria you deem important.

In-Person Babysitting

For parents who are either unable to flex their workdays or have children that require constant supervision, an in-person sitter may be a suitable option. While social distancing presents challenges in this arrangement, with careful planning and precautions, this option is feasible, presents minimal disruption to the workday, and is very hands off for the parents over the long term. Sitters could be family or non-family. Some important considerations for both employers (you) and babysitters include the following:

- Alignment on quarantine practices of all parties
- Clear guidelines on safety precautions and expectations for the sitter and children
- An open and honest conversation during the interview process about COVID-19 exposure, recent travel, household members and their risk of exposure to the virus, and method of transportation to and from work
- Ensure everyone understands the symptoms of COVID-19, and request all parties, your family included, disclose and stay away if any symptoms surface such as a fever or a cough.

- Consider new routines and protocols for safety. For example, if entry into the home is required, you may want to consider requiring masks as much as possible; keeping a clean shirt at work for your babysitter to change into, especially if public transportation was used to get to work; shoe removal upon entry; frequent cleaning of common surfaces like faucets, door knobs, and light switches; and regular handwashing.

Remember, every person who comes into your home could bring germs and be exposed to your family's germs, so it is important to educate yourself on how to minimize risk. Consider reviewing the [CDC's guidelines](#) for businesses and employers. Have a candid discussion [how the infection spreads](#) and how they can [reduce risk](#) by washing their hands, using hand sanitizer, and not touching their face.

Parent Swap/Babysitting Clubs

It takes a village! One budget conscious way to get some child care and some relief for parents is to keep it local (and under 10 people) by teaming up with other families in your community on a child care share. Consider shifts—one family supervises kids for a day (or morning or afternoon) and then swaps with the other family. Smaller groups are safer but also mean more rotations as the caregiver. As a bonus, kids get to spend time socializing with friends they already know. This works best for those who may have a flexible schedule. You'll need to take some time from work to prepare for your "shift," but if a few families with children of similar ages and interests are open to the idea, this can work out well. It is a low-cost alternative that minimizes time away from work. This option

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Child Care Options for Summer 2020

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is best suited for outdoors and perhaps a half-day duration. It is important to adhere to the local rules and regulations about distancing and group gathering sizes. Some municipalities and states have suggested social distancing groups contain only family members.

Tips for In-Person Babysitting, Parent Swaps, and Chaperones with Multiple Children:

- Outdoor activities are ideal. Try to maximize time outside in open space whenever possible. If in an urban location, try meeting at a park that is not crowded. This allows for better air circulation and greater distance between attendees.
- [Activities](#) should be contactless and not require close proximity to other children. For example, if children do a race or obstacle course, they can compete on time rather than race side by side. If indoors is a must, masks should always be worn.
- When planning for multiple children outside, consider using a marker, like chalk or cones, to delineate the six feet required distance between participants.
- If children will be participating in water games during the day, suggest they come dressed in their swimsuits already to avoid the need to change. Also consider a privacy tent that can be kept outside for kids to use.

- All participants, adults included, are required to bring their own masks, gloves, hand sanitizer, food, beverages, and any other required items for activities. Extra masks, disinfectant, and sanitizer should be kept on hand.
- Sunscreen should be applied prior to arrival, and all participants should try to use the bathroom at their own homes before coming. If it is necessary to use the host's bathroom, ensure there is disinfectant to clean common surfaces after each use. Handwashing must be strictly enforced; consider taping a sign above the sink to remind everyone.

Note: Pre-teens and older children may crave more independence and time apart from family. Consider rotating which parent will be a chaperone for when kids hang out together in groups. While older children should have a better understanding about personal space, distancing, effects of the virus, and the need to take precautions, they will still need some reminders from time to time. Typical scenarios where a chaperone is ideal for older children would include outdoor gatherings such as backyard, park, or poolside get-togethers. Ensure kids are safe but also socially distant. The chaperone can take breaks from time to time, read, or even work, but having an adult nearby and present can reinforce safer behaviors.

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Child Care Options for Summer 2020

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Online Babysitting and Virtual Playdates and Hangouts

If you have found yourself a bit overwhelmed in quarantine with work and child care, perhaps a babysitter can support you from a distance. If your kids are old enough to play with a tablet or a similar device, try scheduling time for some online activities that your kids and a sitter can do together, such as a chat, a lunch date, a read along, or schoolwork help.

Online babysitting is catching on with parents who don't necessarily want long stretches of screen time for their kids but, of course, still need to get things done. A virtual sitter can engage your child in games and stories. The real niche for virtual babysitting is from ages six to ten years old.

Online babysitting is not an exact substitute for in-person care, but it can help to engage children when parents are otherwise occupied. The duration of the calls should last somewhere between 30 minutes to an hour at a time but, depending on the child or children, families could schedule a few calls per day.

Online babysitters come in different forms. Consider trying a video call with your regular babysitter if you are not comfortable with an in-person arrangement at this time. For those starting from scratch on their sitter search, consider an assortment of potential babysitters: many full-time babysitters may be looking for work if their regular employers do not need their services during quarantine, teachers may want a summer job especially if they planned to work at a camp that is closed, and college and high school students who are home for summer may be looking for income. The costs for babysitting will vary based on their experience, their credentials, and your relationship.

Some fun ideas for online babysitting or virtual playdate activities to keep kids engaged, socializing, and learning:

- Tutoring or homework support with academic work
- [Science experiments](#)
- [Online cooking](#) lessons and experiments with food
- Schedule a baking date on Zoom or another platform
- Choreograph a dance and perform for each other
- Learn a language together (e.g., [Duolingo](#))
- [Online milestone celebrations](#) (e.g., celebrate a birthday with friends or any festive event together)
- Throw a [viewing party](#) for a movie online
- Play some [online games](#) like [Roblox](#), [Mad Libs](#), [Words with Friends](#)
- Check out [Pinterest](#) for other virtual playdate ideas

In-Person Options: camps, small group activities, 1:1 coaching



"I want my kids to be off of the computer that they've been glued to for distance learning and out of the house and not needing our supervision so that we can do work."
Anonymous Parent, June 2020



Staying Apart Together

Live 10 for 2! This means that kids would trade all ten months leading up to summer camp for the nearly two months they spend at camp. Summer camp is about unplugging, trying new things, being active, growing up, and making amazing friendships. For those fortunate enough to attend, as camp usually comes at a price (but there are camps offered through communities and some have scholarships available), summer camp feels like a second home—an escape for some and a happy place for most where unforgettable memories are made. Camp offers many [benefits](#).

There are several kinds of camps, including day and sleepaway camps, that offer an array of activities ranging from outdoor and water sports to science, technology, engineering, and math (STEM), the arts, and more. For many, camp serves as a form of child care enabling parents to work, recharge, tackle some things they neglect during the year, and reconnect with themselves as well as others.

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In-Person Options: camps, small group activities, 1:1 coaching

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The pandemic has impacted summer plans for many families. Across the country many camps are either closed or determining if they will be able to open. It all depends on what state the camp is located and the type of camp it is. The outlook is a bit more positive for day camps across the country, but many are adapting to the times and running smaller programs, hosting family visits, or pivoting to camp-themed activities online—like crafts and virtual hikes, to name a few.

Day Camp and Small Group Experiences

Some parents may feel more comfortable sending children to a mostly outdoor camp with good safety protocols versus hiring a sitter or nanny who may find it challenging to keep kids engaged and busy with so many places still closed. There seems to be a preference for kids to be able to socialize in smaller groups. To adapt with the times, some day camps are offering small group experiences at their facilities. Alternatively, families may consider employing counselors directly and creating a make-shift day camp experience in their backyards or park areas. Interaction with counselors can keep children happy, active, and busy during the summer with minimal risk, as long safety precautions and CDC guidelines are complied with.

Parents can create a small group experience for their children:

- Hire counselors who would have otherwise been employed by a local camp to create an outdoor program for your children and perhaps a few of their friends. Consider calling camps and schools for recommendations. There may even be some programs that are set up as camp-at-home programs where counselors will come to you with all the supplies and equipment required.
- [Register for a camp](#) that is providing small group experiences for campers. Some overnight and day camps are offering partial sessions or filling at half capacity.

Sports: Small Groups or 1:1

- Hire a coach or varsity athlete: If your child is interested in a particular sport and wants to improve his or her skills, consider listing a post on a local family board or calling nearby school guidance departments or camps that have closed for references of potential instructors. This is a great way to occupy your child for at least an hour while also incorporating fitness and wellbeing. Many instructors can come to your home or meet you at a nearby public recreational facility that is legally open.
- Small group fitness classes: Whether your children are interested in dance, soccer, a boot camp, or yoga, to name a few, consider partnering with a local fitness instructor for some outside classes. Cones or markers should be used to space participants appropriately.
- Tennis: Consider signing up your children for individual or small group tennis lessons for a low-risk but high-reward physical activity. Be sure to comply with local rules and regulations. Additionally, there are [online drills and resources](#) for those who wish to improve their skills and stamina from home.

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In-Person Options: camps, small group activities, 1:1 coaching

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- Community leagues: As states begin to reopen, some local leagues may be offering smaller group training opportunities for team sports. These are typically reasonably priced or offer sliding-scale fee options and scholarships.

Sleepaway Camps and Overnight Experiences

Sleepaway Camp

Unlike day camp, sleepaway (overnight) camp involves staying away from home for an extended period of time and provides campers and families many [benefits](#). Some offer traditional camp activities such as team sports, swimming, tennis, archery, adventure, gymnastics, and arts and crafts. Other camps may offer specialization like cooking, surfing, theater, STEM, or art to name a few. Campers sleep in group cabins with other children of similar age and gender and are supervised by counselors. Camps are either full summer or may run in sessions that can last one week or longer. At sleepaway camp, kids will often return home feeling confident and successful. They learn to step out of their comfort zone and are rewarded with new friends, amazing memories, and newfound confidence.

For recent information on how summer camps are responding to COVID-19, read [these insights](#) from CampMinder.



Family Camp

Imagine sleepaway camp but for the entire family. Family camp is a retreat of sorts—a place where nuclear families can rent cabins for days at a time and do socially distanced activities. Families can be separated into their own cabins, and safe distancing can still be maintained between the different family units during activities, during mealtimes, and for the restrooms. Families can have a semblance of the camp experience while they stay together during an abnormal summer impacted by a worldwide pandemic. This option is less about child care and more about an enriching summer experience as a family. The stress of everyday life isn't at the forefront during camp—it's all about the activities and memories being made together.

Online Summer Experiences



Think of all the opportunities; now, fun has no physical boundaries!

With so many sheltering in place these days, virtual school and virtual activities have become common. In light of this, many day camps are also pivoting [to roll out virtual versions](#). The wonderful opportunity here is that we are not limited by geographic location or physical distance. With online camps and courses, children can do anything and everything they like to do. They get to choose based on what they like instead of what's close by.

Online programs also allow kids to explore new things to see if they like them. It might be easier for a shy kid to try a cooking class virtually than to commit to spending a whole week in a camp. And for some, it may involve cooking with Mom or Dad, which could make it even more fun—and a family bonding experience, too.

Virtual Summer Activities

There are many online programs that are designed to keep kids busy all summer long. Many of the online options let kids continue learning, while others will focus more on helping kids move their bodies and stay active. The best part about these online courses is that you'll be able to access them from anywhere, no matter where you live. It's like choosing your own adventure opportunity for your family. Children can try a robotics camp one week, and a virtual art camp the next. The choices are endless.

With so many options, how do you make the best choice? Finding appropriate virtual activities is in some ways similar to choosing traditional programs, so parents need to consider their children's interests and their capacity for sustained attention. Some children learn best by watching, some by listening, and others by active participation.

Program considerations:

- What are my child's interests?
- Who is leading the program, and what are their credentials?
- What is the frequency and duration of the program?
- What time zone is the program in?
- What is the age range for the program?
- If the program is interactive, how many participants are there per group?
- How does my child learn?

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Online Summer Experiences

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- How does this program fit into their week?
- Do I need any materials or specific technology in advance of the program start date?
- What does the program cost?
- What is the cancellation policy if my child doesn't like it?

Take Advantage of Online Learning

Summer days can often feel long, so how do you fill the time? Lots of businesses and artists are quickly adapting to the current situation by bringing classes to the masses for kids and adults. There are so many choices of live online classes and recorded ones for things like team sports, art lessons, tutoring, STEM, music, theater, foreign languages, dance, martial arts, and more. Cost varies—some classes are [free](#), are donation based, require a nominal fee, or are on a sliding scale. Check out the links that follow; many of them can be filtered by class type, age, time, and day of week to keep it simple.

Some online learning opportunities offer an option to interact with a live instructor either by the chat function or via a video chat. Other classes are pre-recorded but may feel as if the instructor is conversing with your child.

Expect that it may take some time for children, especially younger ones, to acclimate to online programming.



Tips:

- Expect that it may take some time for children, especially younger ones, to acclimate to online programming. Be prepared for some work interruptions and distractions. It may take some time to find the right program or fit for your family. Luckily, there is no shortage of options.
- If you haven't done so already, join a social media group for parents in quarantine, as they offer a great way to connect and are usually full of great tips and links.
- If you expect to have a demanding workday with little free time, consider talking through the day with your children and planning out when you will be accessible and able to spend time together.
- Consider packing a lunch and snacks for children so they can access them independently during the day while you are working. If you can break for lunch together, that is great too!

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Online Summer Experiences

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Science, Technology, Engineering, and Math (STEM) programing can usually be delivered easily and effectively online.

A Variety of Online Summer Programing

VIRTUAL CAMPS WITH SUBSCRIPTION BOXES—Summer fun, activities, and learning in a box? Yes! There are a lot of subscription boxes that offer great activities your kids can do this summer as alternatives to traditional summer programs that have closed. Several camps also plan to incorporate online learning components or group activities where children can collaborate with instructors and other kids over video chats.

Some will feature multiple sessions of hands-on activities, videos, and content, each geared for different age groups. Some camps are also sending boxes to campers that include all materials for a specific amount of time. The campers will use what is in their box as instructed so that each session will cover a specific amount of time or days, with a few hours of new activities and content each day. There are many types of boxes full of arts and crafts, science experiments, kits to help those learning to code, and more!

STEM SUMMER CAMP—If your kid is into STEM, you're in luck. These types of camps may be the easiest to deliver online. Learning to code and studying chemistry, applied math, and statistics are all perfectly suited to an online classroom setting. And, they are all potentially terrific job skills for your kid to have. [Code Ninjas](#) is offering week-long virtual summer camps covering a variety of topics, including coding, robotics, and game building. They also offer hands-on virtual camps where a STEM product like Ozobot or Cubelets is shipped to children's homes.

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Online Summer Experiences

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Code Senseis (instructors) virtually guide kids through challenges and activities such as building an actual robot. Check with a nearby location for schedules and availability.

OUT SCHOOL—This is a community marketplace with a variety of online classes for kids of all ages. Offerings range from STEM to stage design and everything in between. There are even a few classes that cover the Broadway musical Hamilton!

SUMMER CAMP ONLINE—Live virtual courses will engage teens in an amazing variety of pursuits, including cooking, Zumba, video game design, martial arts, college admission test preparation, fabric painting, amusement park science, and collage with found objects. With advance planning, you can arrange all your kid's pals to take a private class together.

Most public libraries offer the opportunity to participate in a free and age-appropriate virtual reading club this summer.

KAHOOT!—With educational content geared to a wide range of ages, Kahoot! relies on kids' competitive nature to make the learning fun. Interactive game shows, video conferencing with other players, and games that tune themselves to your kid's pace go a long way toward making the lessons stick. In addition to the free resource, select apps are available for purchase.

READING CLUBS—Most public libraries offer the opportunity to participate in a free and age-appropriate virtual reading club this summer. These programs encourage students to practice reading and embed that reading in social situations, according to Timothy Shanahan, founding director of the University of Illinois at Chicago Center for Literacy.

NEWS, TRAVEL, AND EDUCATIONAL CONTENT FOR KIDS

- [Virtual Field Trips](#): Thanks to technology, kids can take amazing field trips from home.
- The educational publisher, Scholastic, has also curated a free [digital learning hub](#) designed to support virtual learning plans for children in prekindergarten to ninth grade. Library associations can also provide guidance on books—both fiction and nonfiction—for different age levels.

CELEBRITY STORY TIMES

- [Wes Tank Raps Dr. Seuss](#): Filmmaker Wes Tank has taken some of Dr. Seuss's most popular stories and raps them over contemporary beats in awesome mashups.

Children and Families with Special Needs

There are several organizations dedicated to helping people with special needs that offer [summer camps](#). These summer camps work just like any other summer camp—they have fun activities that everyone can enjoy and create life-lasting memories. If your child has special needs, like autism, [ADD/ADHD](#), sensory-motor challenges, social anxiety, or learning differences, choosing a program can be stressful. [The SeriousFun Children's Network](#), the global network of camps and programs serving seriously ill campers and their families, has created innovative new ways to provide the same, life-changing camp experience virtually and free of charge.



Conclusion

As a result of the pandemic, life as we know it has changed dramatically. For many, summer plans, that often include child care and camp, are up in the air. Once families accept that their summers will be spent at or near home, careful and creative planning is key. With a little effort and imagination, your family not only can stay busy but can have a fun, productive, and fulfilling summer. This is an opportunity to build resilience in our children and help them learn to adapt, grow, and gain strength through adversity. Get ready to dive into some unprecedented waters and make the most of it. Best of luck!





Get Personalized Referrals and Support

If you are looking for more support with locating summer camp options, child care, or other work-life resources, let your employee support program help.

The program is a free benefit that can assist you with consultations, referrals, information, and tips. Qualified professionals are available to locate resources and provide personalized referrals for summer child care or any matter that's important to you and your family.

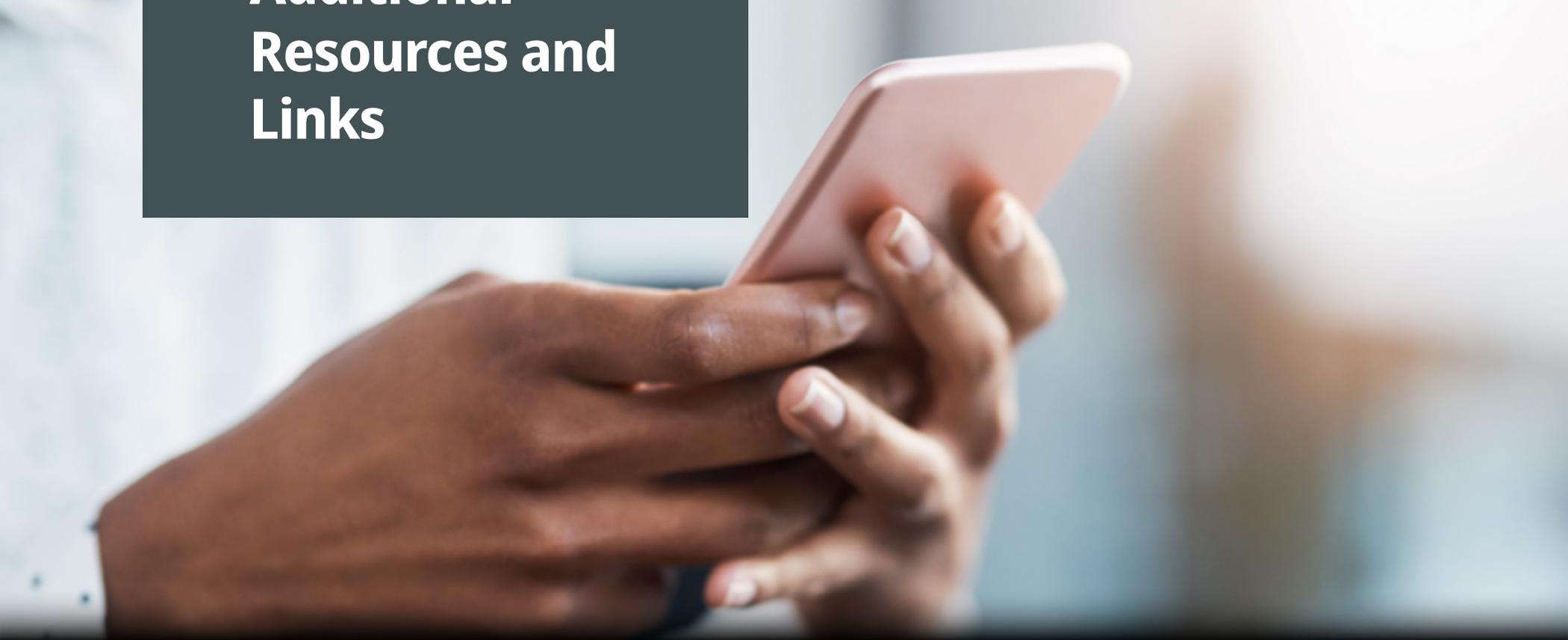
You can reach out via telephone, website, or live chat 24 hours per day, seven days per week, 365 days per year.

YOUR EMPLOYEE ASSISTANCE PROGRAM

Available any time, any day, your Employee Support Program is a free, confidential benefit to help you balance your work, family and personal life.

APPENDIX 1

Additional Resources and Links



General Resource List



	Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
Outschool	Classes and Camps	x	x	x	x	x	x		x
Activity Hero	Classes and Camps	x	x	x	x		x	x	x
The University of British Columbia	Classes and Camps	x	x	x	x	x	x	x	x
Parent Map	Adventure Classes	x	x	x	x	x	x	x	x
Playbill	Theatre	x	x	x	x	x	x	x	x
Gas Lamp	Theatre				x		x		x
We Are Teachers	Kids Fitness	x	x	x	x		x	x	x
Common Sense Media	Activities	x	x	x	x		x	x	
Families Together, Inc.	Activities	x	x	x	x		x	x	
Insider	Activities	x	x	x	x	x	x	x	x
Camp PBS Kids	Activities	x	x						
Parade	Activities	x	x	x	x	x	x	x	x
Dave Ramsey	Activities	x	x	x	x	x	x	x	
Start with a Book	Activities	x	x	x	x	x	x	x	
KUTV	Activities	x	x	x	x	x	x		
Kansas City Mom	Activities	x	x	x	x	x	x	x	x
Bounty	Activities	x	x	x	x	x	x	x	x
Parent List	Activities	x	x	x	x	x	x	x	x
CHOC Children's	Activities	x	x	x	x	x	x	x	x
TechRepublic	Virtual Tours/Activities	x	x	x	x	x	x	x	
Good House Keeping	Virtual Tutors	x	x	x	x	x	x	x	
Teach Hub	Learning Activities								
Real Simple	Learning Activities	x	x	x	x	x	x	x	x
America's Nannies	In-Home care	x	x	x	x		x		x
The Nanny Doctor	In-Home care	x	x	x	x		x		x

Sport and Fitness



	Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
CAL Sports Academey	Sports	x	x	x	x		x		x
Challenger Sports	Sports	x	x	x	x	x	x		x
Cosmic Kids Yoga	Kids Yoga	x	x	x	x		x	x	
The Body Coach	Kids Fitness	x	x	x	x		x	x	
Dance Parent 101	Dance Class		x	x	x	x	x	x	
Dance Parent 101	Dance Class	x				x	x	x	
Kidpass	Classes	x	x	x	x		x		x
Kung Fu Infinity	Martial Arts Class	x	x	x	x	x	x		x
Top Leaders Martial Arts	Martial Arts Class	x	x	x	x	x	x		x
Karate for Kids	Martial Arts Class		x	x	x		x	x	
Lil Athletes	Sports	x	x			x	x		x
National Academy of Athletics	Sports	x	x	x	x	x	x		x
National Academy of Athletics	Virtual Camp	x	x	x	x	x	x		x
Nyk!dsclub	Classes	x				x	x		x
Skyhawks	Classes	x	x	x	x		x		x
Super Soccer Stars	Sports	x	x	x	x		x		x
The Industry Dance Academy	Dance Class	x	x			x	x		x
The Industry Dance Academy	Dance Class			x	x		x		x
Tippi Toes	Dance Class	x	x			x	x		x

Arts, Activities and Crafts



Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
The Kid's Table	x	x	x	x	x	x		x
Tiny Chefs	x	x	x	x	x	x		x
Kids Young Chef Club		x	x	x			x	x
Nomster Chef	x	x	x	x	x	x		x
Baketivity	x	x	x	x	x	x		x
Poppins at Home	x	x	x	x	x	x		x
Sharp Shots Photo Club		x	x	x		x		x
Art Camp 504	x	x			x	x		x
Kidz N Art	x	x	x	x	x	x		x
Video School Online		x	x	x	x	x		x
Playful Learning	x	x	x	x	x	x	x	x
Stepping Stones KC	x	x	x	x	x	x		x
Staten Island School of Rock		x	x	x	x	x		x
Learn to Color		x	x	x	x	x	x	x
The Lion King		x	x	x		x		x
Talk to the Camera		x	x	x		x		x
Drama Kids		x	x	x		x		x
Adventure Academy		x	x	x		x		x
Audubon		x	x	x	x	x	x	x
National Geographic Kids		x	x	x		x	x	
Beanstalk	x	x			x	x	x	x
Great Lakes Aqarium	x	x	x	x	x	x		x
Bronx Zoo	x	x	x	x		x		x
Ask Dr. Universe	x	x	x	x		x	x	
Weather Wiz Kids	x	x	x	x		x	x	
NASA Climate Kids	x	x	x	x		x	x	

(Continued)

Arts, Activities and Crafts



(Continued)

Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
Ted Talks				x			x	
Storyline Online	x	x	x	x		x	x	
Start with a Book	x	x	x	x		x	x	x
Elemental Science	x	x	x	x	x	x	x	
Highlights Kids	x	x	x	x		x	x	
4-H at Home		x	x	x				
Nickelodeon Parents	x	x	x	x	x	x	x	
DIY	x	x	x	x	x	x	x	x
Entertain on a Dime	x	x	x	x	x	x	x	x
Circletime								
Camp Hello Bello	x	x	x	x	x	x	x	
Switch Zoo	x	x	x	x		x	x	
Playful on BuzzFeed	x	x	x	x	x	x	x	x
123 Homeschool 4 Me	x	x	x	x		x	x	
Google Arts & Culture		x	x	x		x	x	
National Geographic		x	x	x		x	x	x
San Diego Zoo Kids	x	x	x	x		x	x	
National Marine Sanctuaries	x	x	x	x		x	x	
We are Teachers	x	x	x	x		x	x	
Travel & Leisure		x	x	x		x	x	
Disney World	x	x	x	x		x	x	
The Educator's Spin On It	x	x	x	x		x	x	
Google Arts & Culture	x	x	x	x		x	x	
BroadwayPlus				x	x	x	x	x
Discovery Education			x	x		x	x	

Enrichment



Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
4-H at Home		X	X	X			X	
Actua		X	X	X		X	X	
Adapted Mind Reading		X	X	X		X		X
Baketivity		X	X	X	X			X
Bamboo Learning	X	X	X	X		X	X	X
Bay Area Discovery Museum	X	X	X	X		X	X	
Beanstalk	X					X	X	X
Brain Chase		X	X	X		X		X
Camp Hello Bello	X					X	X	
Camp Hullabaloo	X	X			X			X
Camp Invention	X	X	X	X		X		X
Circle Time with Ms. Monica	X					X	X	
CrateJoy	X	X	X	X				X
Elementary School Parents		X	X			X	X	
FirstSkor			X	X		X		
Geek Squad Academy		X	X	X		X		X
iCivics		X	X	X		X	X	
Instructables		X	X	X		X	X	X
IXL	X	X	X	X		X		X
Jam With Jamie	X	X				X	X	
Khan Academy	X	X	X	X		X	X	
KidPass	X	X	X	X		X		X
Learning Care Group	X				X	X	X	
Learning Toolbox		X	X	X		X	X	
Little Passports	X	X	X	X				X
Livestream Activities Calendar	X	X	X			X	X	

(Continued)

Enrichment



(Continued)

Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
Makedo Activities	x	x	x	x	<6			x
Marco Polo Learning Lessons/Activities	x	x				x		x
Mystery Science Lessons	x	x	x	x		x	x	
National Geographic Activities		x	x	x		x	x	
Nature's Art Club Subscription Box		x	x	x				x
Nearpod Lessons/Activities		x	x	x		x	x	x
Night Zoo Keeper Activities (Literacy)		x	x	x		x		x
Scouting at Home Scouting		x	x	x		x	x	
Seesame Street Caring Activities	x	x				x	x	
Smithsonian Lessons/Activities		x	x	x		x	x	
Teach@Home Lessons	x	x	x			x	x	
The Adventurous Mailbox Subscription Box		x	x	x		x		x
TIME for Kids Digital Library		x	x	x		x	x	
Varsity Tutors Classes		x	x	x		x		x
Virtual Girl Scouts Scouting		x	x	x		x	x	
Yellowbrick Culture			x	x		x		

STEM



	Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
28 Days of STEAM	Activities	x	x	x	x	x	x	x	
Adapted Mind Math	Curriculum		x	x	x		x		x
Bedtime Math	Web Page and App	x	x				x	x	
Bitsbox	Subscription Box		x	x	x		x		x
Calculation Nation	Games		x	x	x			x	
Camp: Aspire	Virtual Camp		x	x	x		x		x
Code.org	Classes	x	x	x	x		x	x	
Empow Studios	Virtual Camp		x	x	x		x		x
Full Steam Ahead +	Virtual Camp		x	x	x		x		x
Google Code	Classes		x	x	x		x	x	
ID Tech Camps	Virtual Camp		x	x	x		x		x
Kids 4 Coding	Virtual Camp		x	x	x		x		x
Math Games	Games	x	x	x	x		x	x	x
Scratch Jr	App	x	x				x	x	
Tech Revolution	Virtual Camp		x	x	x		x		x
Tynker	Activities/Contests		x	x	x		x	x	

Summer Camps



	Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
American Camp Association	Camp Search		x	x	x				
Better Camp Finder	Camp Search								
Boys and Girls Club of America	Camp Search								
Camp Page	Camp Search		x	x	x				
Challenge Island	Camp Search								
My Summer Camps	Camp Search		x	x	x				
US Sports Camps	Camp Search		x	x	x				
YMCA - Day Camp	Camp Search								
YMCA - Residential/Overnight Camp	Camp Search								

Virtual Summer Camps



	Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
Act One Theater Camp	Performing Arts		X	X	X		X		X
Art Camp 504	Arts	X	X	X	X	set up	X		X
Camp EDMO	Various	X	X	X	X		X		X
Camp Kinda	Various		X	X	X		X	X	
Camp KiwiCo	Various	X	X	X	X	< 5	X	X	X
Camp Supernow	Various		X	X	X		X		X
Camp Wonderopolis	Various		X	X	X		X	X	X
Camp: Aspire	Robotics		X	X	X		X		X
CEO of My Life	Entrepreneurship			X	X		X		X
Challenge Island	STEAM								
Challenger Sports	Sports and Fitness	X	X	X	X		X		X
Children's Theater Company	Performing Arts		X	X	X		X		X
Connected Camps	Various (Minecraft)		X	X	X		X		X
Digital Film & Video Production Camp	Film		X	X	X		X		X
Empow Studios	STEM		X	X	X		X		X
Full Steam Ahead Plus	STEM		X	X	X		X		X
Fusion Academy	Hands-On				X		X		X
Happy Camper Live	Various	X	X	X	X		X		X
iCamp	STEAM		X	X	X		X		X
ID Tech Camps	STEM		X	X	X		X		X
Kids 4 Coding	STEM		X	X	X		X		X
Kids Like Me	Special Needs		X	X	X		X		X
Kids Need More	Various		X	X	X		X		
KidzToPros	Various	X	X	X	X		X		X
Lavner Camps	Various		X	X	X		X		X
Maker Camp	Hands-On						X	X	

(Continued)

Virtual Summer Camps



(Continued)

	Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
Met Opera Global	Arts (Music)		x	x	x			x	
National Academy of Athletics	Sports and Fitness		x	x	x		x		x
Shakespeare Superheroes	Performing Arts		x	x	x		x		x
Smart Buddies	Coding		x	x			x		x
Summer Tech	Various			x	x		x		x
Super Soccer Stars	Sports and Fitness	x	x	x	x		x		x
Tech Revolution	STEM		x	x	x				x
USit Camps	Various	x	x	x	x		x		x

Tutors



	Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
Wyzant Tutoring	Virtual	x	x	x	x		x		x
Clubz! Tutoring	Virtual	x	x	x	x		x		x
Varsity Tutors	Virtual		x	x	x		x		x
Tutorz	Virtual	x	x	x	x		x		x
eTutor World	Virtual		x	x	x		x		x
Tutor.Com	Virtual	x	x	x	x		x		x
University Tutor Online	Virtual	x	x	x	x		x		x
Get a Tutor	Virtual		x	x	x		x		x
Skooli	Virtual		x	x	x		x		x
K12 Online Tutoring	Virtual		x	x	x		x		x
Tutor Doctor	Virtual		x	x	x		x		x

Day Care Centers



Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
Child Care Aware							x	
Child Care Centers							x	
ChildTime Learning Centers								
Bright Horizons								
The Goddard School								
KinderCare								

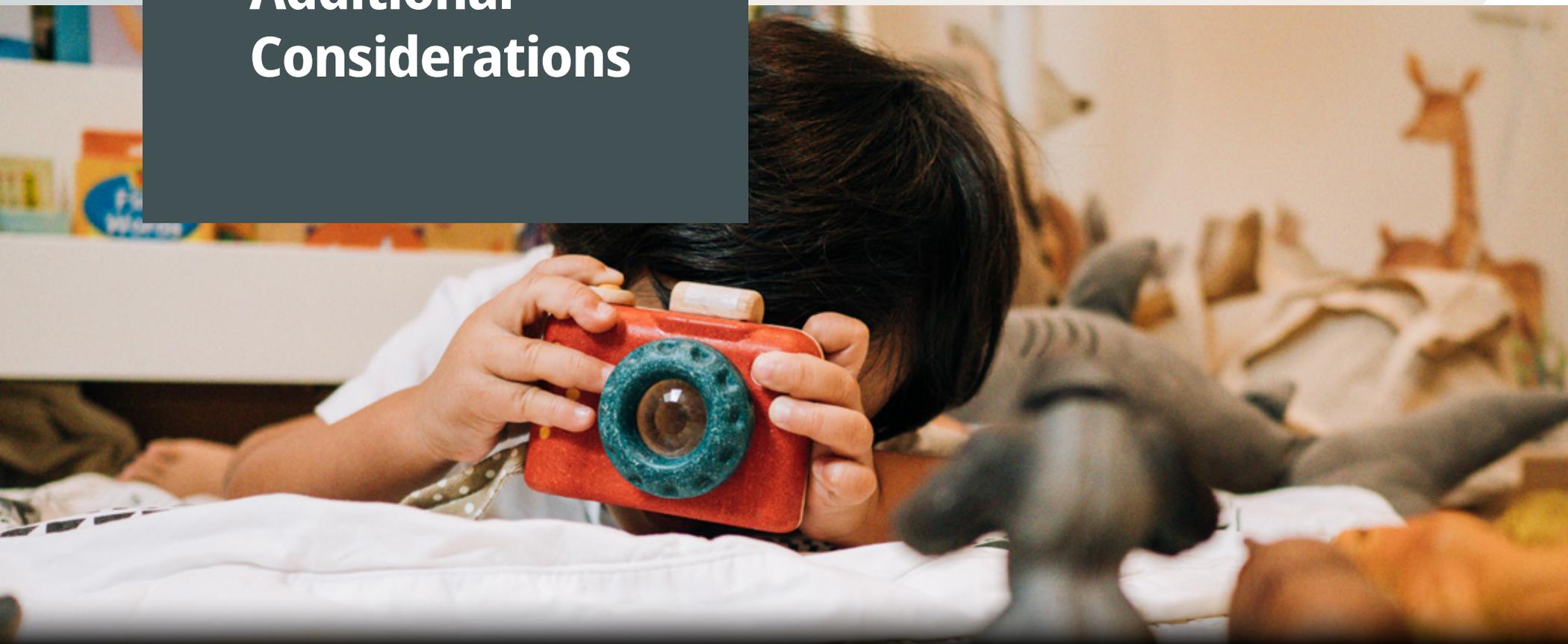
In-Home Care



	Type of Program	Age 2-5	Age 6-8	Age 9-10	Age 11-13	Additional Adult Support Required	Computer/Internet Required	Free	Cost
Care.com	In-Home and Virtual	x	x	x	x		x		x
Bambino Sitters	In-Home	x	x	x	x				x
Sittercity	In-Home and Virtual	x	x	x	x		x		x
Sitter	In-Home	x	x	x	x				x
Sitting Around	In-Home	x	x	x	x				x
Seeking Sitters	In-Home	x	x	x	x				x
Bubble	In-Home	x	x	x	x				x
Urbansitter	In-Home and Virtual	x	x	x	x		x		x
GreatAuPair	In-Home	x	x	x	x				x
Babysits	In-Home	x	x	x	x				x
Nanny Poppins Agency	In-Home	x	x	x	x				x
Tiny Treasures NYC	In-Home	x	x	x	x				x
Adventure Nannies	In-Home	x	x	x	x				x
Heartland Estate Staffing	In-Home	x	x	x	x				x
Nannies and More	In-Home	x	x	x	x				x
Quality Nanny Services	In-Home	x	x	x	x				x
A Charmed Life Child Care	In-Home	x	x	x	x				x
Choose the Right Nanny	In-Home	x	x	x	x				x
Household Staffing	In-Home	x	x	x	x				x
Virtual Babysitters Club	Virtual	x	x	x	x		x		x
VeeBee	Virtual	x	x	x	x		x		x
eNanny Source	In-Person	x	x	x	x				x
Babysitters4hire	In-Person	x	x	x	x				x
Go Nannies	In-Person	x	x	x	x				x

APPENDIX 2

Additional Considerations



Additional Considerations

Here are some do-it yourself (DIY), camp-inspired activities that are also socially distant compliant but may require more of a hands-on approach.

Get Crafty: Check out [Pinterest](#) for crafts, activities, and more! Be sure to stock up on various supplies for the summer:

- Art supplies
- Lanyard and string (friendship bracelets)
- Jacks and other small games
- Science kits
- Slime kits
- Water toys
- Obstacle courses
- Fitness and sport items
- Sneaker decorating

Enjoy the outdoors this summer:

- Explore local nature trails
- Bike around your neighborhood and beyond
- Visit local parks
- Roast [s'mores](#) outside
- Try camping under the stars

Converting your backyard into a fun zone:

- [Build your own obstacle course](#)
- Plant a garden
- Water toys
- Consider investing in some outside recreational equipment:
 - Sports equipment such as balls, goals, mitts, and more
 - Basketball hoop
 - Games
 - Sprinklers

[Click here](#) for 100 suggestions to help make your time in quarantine as interesting and productive as possible.



(Continued)

Additional Considerations

(Continued)

Tips for Families and Parents

The American Academy of Pediatrics (AAP) offers some general guidance to help your family through the outbreak.

Address children's fears. Children rely on their parents for physical and emotional safety. Reassure your children that you are there for them and that your family will get through this together.

- Answer questions about the pandemic simply and honestly. Talk with children about any frightening news they hear. It is OK to say that people are getting sick, but say that following rules like hand washing and staying home will help your family stay healthy.
- Recognize your child's feelings. Calmly say, for example, "I can see that you are upset because you can't have your friends over." Guiding questions can help older children and teens work through issues—"I know it is disappointing not to be able to hang with your friends right now. How do you think you can stay in touch with them?"



- Keep in touch with loved ones. Children may also worry about a grandparent who is living alone or a relative or friend with an increased risk of getting COVID-19. Video chats can help ease their anxiety.
- Model how to manage feelings. Talk through how you are managing your own feelings—"I am worried about Grandma since I can't go visit her. The best I can do is to check in with her more often by phone. I will put a reminder on my phone to call her in the morning and the afternoon until this outbreak ends."
- Tell your child before you leave the house for work or essential errands. In a calm and reassuring voice, tell them where you are going, how long you will be gone, when you will return, and that you are taking steps to stay safe.
- Look forward. Tell them that scientists are working hard to figure out how to help people who get ill and that things will get better.
- Offer extra hugs. And say, "I love you" more often.



Planning a Socially Safe Summer

A Child Care
Resource Guide
for Parents

Anthem[®]EAP

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