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COVID-19: KENTUCKY KIDS RISE EDUCATIONAL SUPPORT

Life for Kentuckians is changing daily due to the Covid-19 pandemic. One of the biggest challenges for families has been the closing of schools statewide. While closing schools has been necessary to ensure the health and safety of all Kentuckians, the closure has presented parents and caregivers with many unique challenges. Children thrive on routine, and a lot of parents and caregivers find themselves juggling the roles of caregiver, employee, and teacher all at once.

In order to maximize the chances of your child getting the most out of his or her educational experiences in the home, it can be important to take advantage of resources offered by the school. Remember:

- Even though schools are currently closed their employees are still available to support you and your family.
- Your child’s teacher should have hours set aside each weekday to respond to your questions by email and phone. Use this time to discuss any issues that may develop with NTI (non-traditional instruction) as they arise. If you are having difficulty implementing NTI due to a lack of computer or internet access in the home, make sure you notify your child’s teacher.
- Family Resource and Youth Services Center at your child’s school should still be accessible to provide educational and community support.
- Schools are still providing meals for students. Check your school’s social media pages and website, or local news sites to look for updates as each school is handling the delivery of meals differently.

The stress you are feeling as a parent or caregiver during such uncertain times is normal. You are not alone. The National Child Traumatic Stress Network (NCTSN) has put out a “Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19)” that you may find helpful. It can be accessed here:

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf.