

## Being Homebound with Youth

Ways to keep the youth engaged and the family united

### Being Homebound with Youth

- Keeping youth calm and informed
  - **UW-Madison tips** from an expert.
  - **Children's Wisconsin's** advice.
  - **Mindfulness for Kids** – This FREE interactive, online program will help teach ways to be calm, focused and in control in these uncertain times. Offered by **Mindful Schools**.
- Education on the Home Front
  - **How to Keep Young Children Learning** – Advice from the Wisconsin Center for Education Research
- **Preparing Children for Being Home Alone** – Knowing when your child is capable of staying home alone and preparing them for the challenges of doing so is not an easy task. This Extension website provides a video series that can help.
- **Get the facts: Children and COVID-19** – this section of the CDC webpage has all the facts you need to know on COVID-19 and children.