

The University of Chicago



2020-2021 Remote Resource
Guide for Parenting in the
Pandemic



During the Covid-19 related shutdowns, business availability is quite changeable. This information about remote resources was current as of 9/25/20 and will be periodically updated through the year.

Created by the University of Chicago Family Resource Center
Send suggestions & edits to lmacgregor@uchicago.edu or
lizannep@uchicago.edu

TABLE OF CONTENTS

Activity Ideas	3
Articles & Blogs	3
Classes & Education (Kids).....	4
Classes (Adults)	4
Cultural Institutions	5
Helping Others	5
In-Person Activities	6
Parent Resources	7
UChicago Life	7
Viewing Fun	7
(Performances and videos)	

PLEASE NOTE THAT THE UNIVERSITY DOES NOT ENDORSE OR PROMOTE ANY SPECIFIC COMPANY OR VENDOR. ALL OF THE ORGANIZATIONS MENTIONED IN THIS GUIDE ARE OFFERED FOR INFORMATIONAL PURPOSES ONLY

Activity Ideas at home

Make worm paintings using tempera and cooked spaghetti. Messy, sensory fun for all! lastingthumbprints.com/worm-painting/

Help Make science. What better way to teach kids about science than to participate in a study yourself? childrenhelpingscience.com

UChicago Coloring Book. These beautiful coloring pages depicting UChicago's campus and other Chicago locales was created by a student in The College as a senior project. college.uchicago.edu/student-life/uchicago-coloring-book

Become a "Math Family." Be part of UChicago's research studies by playing math games. becomingamathfamily.uchicago.edu

Articles and Blogs

Center for Disease Control (CDC's) guidance on talking with kids about covid. cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html

From **childrenscommunityschool.org**:

"Do you want to talk to your young child about social justice, but don't know how? You're not alone—most adults find topics like race, gender, and class difficult to talk about with children. But if we don't find ways to talk about it, children will learn whatever they can glean from unspoken messages, and that doesn't often work out very well. ["They're not too young to talk about race."](#)

Getty Museum encouraged people to re-create famous art while they couldn't visit the museum in person. Hilarious results. blogs.getty.edu/iris/getty-artworks-recreated-with-household-items-by-creative-geniuses-the-world-over/

"How the Bears Came to the Windows in Hyde Park" about their bears and other plush friends. hydeparkhomeschool.blogspot.com/

NY Times article on Kids' Books about Racism
nytimes.com/2020/06/02/parenting/kids-books-racism-protest.

Classes and Education (for Kids)

Baby Ph.D. Offices in Hyde Park Neighborhood Club, 5480 S. Kenwood. 773-643-4062 x15 or email director Sarah Diwan at baby.phdccn@hpclub.org. She can help refer families to area nannies. Visit hpclub.org and see their “programs” page for further information.

E-learning Site. abc7chicago.com/free-educational-resources-during-covid-19-for-students-kids-stuck-at-home-e-learning-educating

Hyde Park Suzuki has many parent-recommended remote music classes. hydeparksuzuki.org/

My Very Own Library. Created by UChicago professors, there are activities and stories read by famous Chicagoans. myveryownlibrary.uchicago.edu/sample-page-2-2/

New York City Dept. of Education Free books on Covid for kid nycdoe.libguides.com/COVID-19ebooks/free?

Outschool site has a national database of online classes, searchable by age and interest, and starting at \$10. outschool.com/

UPParent has great Chicago-specific information and home learning support. upparent.com/lists/at-home-learning-activities

Classes (Adults)

Happy Body Wellness. Stretching class on Zoom. happybodywellness.info/virtual-connection/

Hyde Park Art Center, 5020 S. Cornell Ave, (773) 324-5520, is doing a few in-person classes, along with some remote. You can also visit their exhibits, though advance reservations are required to control numbers. hydeparkart.org

UChicago Adult classes and events. There’s yoga, meditation, and many more free zoom classes. news.uchicago.edu/events

Cultural Institutions

Chicago Public Library. Most CPL Branches have reopened, but some have reduced hours. Check websites or call ahead. Many books can be borrowed remotely. chipublib.overdrive.com/library/kids

City of Chicago. Whether a building is open or not, you can go all around the city on this series of youtube videos with Mayor Lori Lightfoot. hitplaychicago.org/

Dept. of Cultural Affairs and Special Events (DCASE). Visit the site to see how they are reimagining the normal Chicago scene with regards to the ‘cautiously reopening” status. Some events are in-person, others remote. [Chicago events](#)

Dusable Museum of African American History. This Hyde Park museum is still physically closed. View exhibits at dusablemuseum.org

Field Museum 1400 S Lake Shore Dr, (312) 922-9410. Chicago’s amazing natural history museum has reopened, with limited hours. fieldmuseum.org

Museum of Science and Industry (MSI). 5700 S. Lake Shore Drive; (773) 684-1414. MSI is currently open, but hours and numbers are limited, and timed tickets must be purchased ahead. There are also many remote activities, and a cool newsletter at msichicago.org

The Oriental Institute is still physically closed, but their website is still a great resource for students of all ages. oi100.uchicago.edu

Shedd Aquarium. They’ve re-opened, with timed tickets only. sheddaquarium.org/about-shedd/press-releases/reopening-to-the-public

Smart Museum of Art remains closed; you can check out their blog with remote exhibits and artist interviews. smartmuseum.uchicago.edu

Helping Others

Tax -Deductible Donations. The Coronavirus Stimulus Act included an incentive to give to the 501c3 of your choice. You can get a \$300 tax deduction for a donation—normally these deductions are only available to tax payers who itemize, but for 2020 it’s for anyone. Consider helping your church, school, arts or need organization. Read this article at *Business Insider* for details: [charitable deduction](#)

Hyde Park Help. A micro-charity for our neighbors in need, founded by UChicago parent Laura Staley. They have specific requests for money, but also other kinds of help, like shopping or childcare. hydepark.help

Chicago Food Bank, Hyde Park/Kenwood branch.
chicagosfoodbank.org/locations/hyde-park-kenwood-interfaith/

Market Box. Star Farms and Experimental Station have joined forces to send boxes of fresh produce and other farm products to area families.
experimentalstation.org/market-box

In-Person Activities

The 606 Trail. The Northside 606 is made of former elevated train tracks, reborn as a nature preserve and trail. the606.org

Lakefront Trail. Beaches remain closed, but you can use this 18 mile trail for biking, running, walking. chicagoparkdistrict.com/parks-facilities/lakefront-trail

River Boat Architectural Tour architecture.org/tours/detail/chicago-architecture-foundation-center-river-cruise-aboard-chicagos-first-lady/

61st Street Farmers market, 61st and Blackstone. Outdoor market only open until October--don't miss out! experimentalstation.org/vendors

Chicago Wilderness. This entire site focuses on getting outdoors--activity ideas and up-to-date information on what's available in the area.
chicagowilderness.org/page/natureandcovid19

Millennium Park, 201 East Randolph St. The park is now open. See their facebook page for online classes & in person events facebook.com/MillenniumParkChicago/

Riverwalk, along the river in the Loop. Open 6-9. chicagoriverwalk.us

Hyde Park Herald. This storied weekly newspaper has a section about what's open in Hyde Park. Buy a subscription, or check it out free online hpherald.com

Museums: While Chicago museums are allowed to re-open with covid precautions in place, many have elected not to do so yet. Call ahead or check websites. (See info on some in "Cultural Institutions" section.)

Parenting Resources

Talking is Teaching; Family “Staycation” toolkit, among other ideas: talkingisteaching.org/indoors

Child Mind; Mental Health for Families childmind.org/coping-during-covid-19-resources-for-parents/

Child Trends; Emotional well-being for Children in the Pandemic childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic

UPParent has great Chicago-specific information and home learning support. upparent.com/lists/at-home-learning-activities

UChicago Life

Pandemic Response, including statements from from our Provost and President, with ongoing plans. goforward.uchicago.edu and coronavirusupdates.uchicago.edu

News at UChicago; includes both classes and one-time events. If you missed something interesting, there are also recorded items. news.uchicago.edu/events

Math Games & research. <https://becomingamathfamily.uchicago.edu>

Back to School video from the University <https://www.youtube.com/watch?v=rq1O4UqjIV4&feature=youtu.be>

Coloring Book of UChicago scenes <https://college.uchicago.edu/student-life/uchicago-coloring-book>

Viewing Fun (Videos & Performances)

Shedd Aquarium Penguins [perambulating penguins](http://perambulatingpenguins) visit other exhibits.

Chicago Chorale sings “restorative quarantine music we put together from a distance.” youtube.com/watch?v=ZBLdg_udFns

5 Green & Speckled Frogs by the Kiboomers youtube.com/watch?v=ziGG_L9C120

Listen & Move video youtube.com/watch?v=j24_xH5uvdA

City of Chicago Tour. You can go all around the city on this series of youtube videos with Mayor Lori Lightfoot. hitplaychicago.org/

“How Much is that Doggie in the Window” by Kidz Bop Kidz
youtube.com/watch?v=wG4GDjxW_GY

John Denver’s “Garden Song.” [The Garden Song](#)

UChicago Back to School video
youtube.com/watch?v=rq1O4UqjIV4&feature=youtu.be