

COVID-19 Resources for Pregnant & Parenting People

[25 Ways to Get Moving at Home](#) - Infographic from the American Heart Association to help your family get up and moving.

[211](#) - You can call 2-1-1 from any phone to be connected to a list of statewide resources for everything from food and diapers to energy and rental assistance. Search their online database [here](#).

[Badass Breastfeeding Podcast](#) - Diane Cassidy, IBCLC and Abby Theuring discuss everyday issues surrounding breastfeeding and motherhood in ways everyone can relate to. Topics include [increasing milk supply](#), [racism in birth and breastfeeding with Kimberly Seals Allers](#), and [how breastfeeding changes in a crisis](#).

[Captain Corona](#) - Share this illustrated story with kids of all ages. This easy to understand cartoon describes COVID-19 and how it is transmitted. It also does a good job showing appreciation for "COVID Warriors."

[Child Care](#) - Call Child Care Aware of WA Family Center if your child care facility closes or you are in need of childcare. 1-800-446-1114.

[Child Trends](#) - Resources for supporting children's emotional well-being during the pandemic.

[Coloring Book](#) - Multilingual coloring book explaining coronavirus and offering a place for children to discuss feelings about how it is effecting their family.

[Community Health Access Program](#) - CHAP is a free and confidential telephone assistance program serving King County residents by connecting them to health insurance, health care services and other resources. Call us today for help at 1-800-756-5437 or email us at: chap@kingcounty.gov

[Crisis Connections](#) - Confidential peer support for those experiencing crisis, need resources, or are struggling with other challenges.

[Crisis Text Line](#) - Text HOME to 741741 to reach a crisis counselor, 24/7, for free, confidential support. Counselors are available to connect about anxiety related to COVID-19, isolation, students' concerns about school, financial stress, etc.

[Developmental Disabilities Administration](#) - Coronavirus Information for DDA clients and families.

[Domestic Violence Resources](#) - Staying home due to COVID-19 may be unsafe for people experiencing abuse. Please know that resources are available 24/7 and WSCADV and other domestic violence programs across our state are working tirelessly to help people plan for their safety. [Get connected here.](#)

[DSHS](#) - Find out if you are eligible for expanded food, cash and/or medical insurance.

[DSHS Emergency Food Supplements](#) - Recent emergency rule changes ensure that ALL current recipients of SNAP benefits will receive maximum benefit for household size in March and April.

If you ALREADY get Max amount, expect no changes. Otherwise, you should get additional food benefits added to card soon.

[Emergency Feeding Program](#) - Provides pre-packaged food in bags for people experiencing food insecurity.

[Emergency Food Resources Map](#) - Seattle Human Resources Department developed a map that shows the locations of food banks, free meals, and student to-go meal pick-ups.

[Emergency Housing Protections](#) - Information on evictions and moratoriums listed by jurisdiction.

[FEEST Free Groceries](#) - Families with students at **Chief Sealth, Evergreen, Rainier Beach, and Tyee High Schools** can request FREE groceries delivered to their home.

[Food Safety FAQ](#) - CDC and USDA are not aware of any reports at this time of human illnesses that suggest COVID19 can be transmitted by food or food packaging. They created a list of FAQ.

[Food Vouchers](#) - The City of Seattle is contributing \$5 million to provide emergency food vouchers to approximately 6,250 families in need.

[Free Meals for Children](#) - All children ages 18 and under have access to two meals per day at no cost during the school closure. Times vary by location and district.

View a [map of school meal sites](#) by school district.

[Bellevue School District](#)
[Federal Way Public Schools](#)
[Highline Public Schools](#)
[Kent School District](#)
[Lake Washington School District](#)
[Renton School District](#)
[Seattle Public Schools](#)
[Shoreline Public Schools](#)
[Tacoma Public Schools](#)
[Tukwila School District](#)

[Here](#) is a statewide list by county.

Free Showers – Seattle Parks and Recreation's free shower program for students and community members will remain open while parks are closed.

Grocery Delivery – The grassroots coalition Mutual Aid Solidarity Network is organizing grocery drop-offs at front doors. They are prioritizing "folks who are sick, disabled, quarantined without pay, elderly, undocumented, queer, Black, Indigenous, and/or people of color. Assistance is available in the following areas: [Seattle, Tacoma, South King County & Eastside, Snohomish County, Skagit County](#)

HealthWell Foundation COVID-19 Fund – Provides up to \$250 in assistance with ancillary costs associated with COVID-19. Grants awarded through the fund will provide reimbursement assistance to at risk or quarantined individuals for delivered food, medication, telehealth copays, and transportation costs associated with COVID-19.

Helping Children Cope – Multicare describes signs to watch out for and ways to help children of different ages and developmental stages.

Housing Resources – Solid Ground has information for those in need of housing resources and information.

Immigrant's Rising Virtual Wellness Gatherings – Helping undocumented young people stay grounded and connected to one another.

Internet Essentials from Comcast – Low-cost internet (\$9.95/month) available for low-income families and individuals living in the Comcast service area. In response to the COVID-19 outbreak, Comcast is offering 2 months free to new customers.

[Job Resources](#) - Essential businesses are hiring and many are looking to fill positions immediately.

[Kahn Academy](#) - Activities and lessons on various subjects for K-12 through early college, and test prep. Self-paced, interactive free content--exercises, videos and articles.

[Kid's Gardening](#) - Gardening projects and fun activities that provide opportunities for families or informal groups to learn together, while encouraging love for nature and the environment.

[Kinedu](#) - Creative and age-appropriate activities that support baby's development from pregnancy to 4 years old.

[Lifeline Discount Smart Phones](#) - A government benefit program that provides monthly telephone service discounts for eligible consumers living on low incomes.

[Medical Transportation](#) - Hopelink provides non-emergency medical transportation in King and Snohomish counties for medical services covered by Medicaid.

[Multigenerational Families](#) - Generations Untied created this fact sheet for Grandfamilies and Multigenerational families to find resources and up-to-date information.

[Musang Community Kitchen](#) - Located in Beacon Hill: Prepares a limited quantity of hot food daily; the majority of meals are not hot, but made to be reheated at home.

[National Center for Transgender Equality](#) - Lists resources specifically for transgender people and their families.

[National Domestic Violence Hotline](#) - Highly trained expert advocates are available 24/7 to talk confidentially with anyone in the US.

[Online Educational Resources for Kids](#) - Parent Map compiled a list of educational platforms offering courses from pre-K through college in both core and elective subjects, most of them free or temporarily free.

[Parent's Guide to Surviving COVID-19](#) - 8 Strategies to Keep Children Healthy and Happy.

[PBS Kids](#) - Videos and games for younger kids in preschool to 3rd grade.

[**Physical Activity Alliance**](#) - Check out this this list of free resources that make it possible for people of all ages to be active at home.

[**Pierce County Energy Assistance**](#) - The Energy Assistance Program (EAP) pays heating bills directly to utility companies for eligible applicants.

[**Pierce County Family Support Centers**](#) - Get the help and resources you need. Achieve your family goals. Each support center has unique services. We design each center to meet the needs of the community around it.

[**Pregnancy and Breastfeeding**](#) - Frequently asked questions answered by Centers for Disease Control and Prevention.

[**Pregnancy and Childbirth During the Pandemic: 10 Things to Know**](#) - Public Health Insider, with the help of Best Starts for Kids' Prenatal to Five partners, gathered the top 10 takeaways for expecting parents to know as they navigate pregnancy and childbirth during the COVID-19 pandemic.

[**Pregnancy and COVID-19 What You Should Know**](#) - Join UW Medicine doctors, midwives and researchers for a discussion about pregnancy during the COVID-19 pandemic.

[**Pregnant, Breastfeeding or Caring for Young Children**](#) - Information to protect yourself and others and reduce risks of COVID-19 exposure for to those that are pregnant, breastfeeding, or parenting.

[**Puget Sound Energy Assistance**](#) - Portal to improve access to funds available to low income customers.

[**Relief Fund for WA Undocumented Folks**](#) - Washington Dream Coalition, in partnership with Scholarship Junkies, Northwest Immigrant Rights Project, and Washington Immigrant Solidarity Network are fundraising to provide emergency and preventative financial relief to undocumented individuals that are at financial risk. You can donate or apply on their website.

[**Rental Assistance Programs**](#) - List of programs for residents at risk of eviction or homelessness in Seattle and King County.

[**Renton Area Support Request**](#) - A community collaboration of Communities in Schools and Renton Innovation Zone Partnership. Assistance for families and students in Skyway-West Hill and all of City of Renton who have been affected by COVID-19.

[Resources for Immigrants during COVID-19](#) - One America has compiled an extensive resource list in multiple languages.

[Seattle Food Committee](#) - Locate your nearest Seattle food bank.

[Seattle Office of Immigrant and Refugee Affairs: COVID-19 Assistance and Public Charge FAQ for Immigrants](#) - Information for immigrants who want to know more about how the issue of public charge might affect their ability to access healthcare and other services during this outbreak.

[Seattle Utility Discount Program](#) - The Program (UDP) offers eligible customers a 60% discount on their Seattle City Light bill and a 50% discount on their Seattle Public Utilities bill. UDP is available for income-qualified residential households.

[SODO Community Market](#) - You can pick up pre-bagged produce, prepared foods, and shelf-stable groceries right at the door - no need to enter the grocery area. All are welcome and no ID is required.

[Solid Ground](#) - Are you having problems getting or keeping your cash, food, medical and/or child care benefits? Their attorneys provide legal help and information to single adults and families whose Washington state benefits have been reduced, terminated or denied.

[Tacoma Utility Emergency Assistance](#) - The program provides a utility credit of up to \$250 for eligible single-family households, usable toward TPU bills.

[Talking to Kids About the Coronavirus](#) - Child Mind Institute provides parenting guidance on talking to young and school-age children about coronavirus. Spanish version can be found **[here](#)**.

[Toddler Activities](#) - Bright Horizons shares developmentally appropriate activities through virtual field trips, movement activities, and many others.

[Unemployment](#) - Learn more about unemployment and find out if you are eligible. You can also watch an introduction to unemployment webinar **[here](#)**.

[Desempleo](#)

- **[Agenda una cita](#)** con un especialista del centro de reclamos para desempleados.
- **[Lee el manual](#)** para personas que han perdido su empleo/trabajo.
- **[Ve el video](#)** para conocer como debes aplicar al beneficio de desempleo.

[**WA Recovery Helpline**](#) - Professionally trained volunteers and staff are available to provide emotional support 24 hours a day, and other local treatment resources for substance abuse, problem gambling and mental health as well as to other community services.

[**Washington Healthcare Access Alliance**](#) - Lists free and charitable clinics in Washington state, organized by county.

[**Washington State Coronavirus Response**](#) - Daily statistics and government information.

[**Will Utilities be Shut Off During this Outbreak?**](#)- Seattle Public Utilities (SPU) , Seattle City Light (SCL), Snohomish Public Utilities, and Puget Sound Energy (PSE) will keep utility services on during the COVID-19 Civil Emergency in Seattle. Please contact your utility provider for more details.

[**YMCA 360 On-Demand Classes**](#) - Free to adults and children for a limited time.