

# Back To School Support



## Family and Caregiver Resource Guide

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*INSIDE*

Online resources for virtual learning



**STATE OF MAINE**  
BUREAU OF HUMAN RESOURCES



Thank you for everything you are doing to support your children during this time of distance learning. We appreciate your assistance and hope this collection of resources will answer some of your questions and provide useful tools.

During this challenging time, give yourself permission to do the best you can, but know there is no expectation of perfection.

### **We are all adjusting to a new normal.**

Thinking and learning will continue—in fact, children will likely gain valuable life lessons and skills from this experience, such as perseverance, adaptability, and how to deal with loss of contact with friends and teachers. Remember, your positive interactions and engagement in simple activities with your child(ren) help them know you care and are there to support them.

*Pender Makin*

Commissioner, Maine Department of Education

“This resource guide is a great tool for employees—it says ‘we know this is heavy on your minds, and your employer is here to help you with that.’

~Kelsie L.

*State of Maine employee and mother of Trevor*





## HIGH SCHOOL

- › [College Credits](#)
- › [AP Testing](#)

## ONLINE LEARNING

- › [PBS Students](#)
- › [NASA STEM](#)
- › [Social Skills](#)
- › [Life Skills](#)



## SPECIAL NEEDS

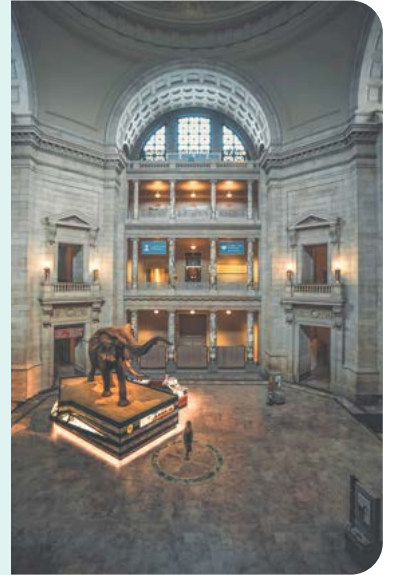
- › [Learning Disabilities](#)
- › [Special Ed at Home](#)
- › [Do2Learn](#)



# VIRTUAL FIELD TRIPS

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- › [Maine Wildlife Park](#)
- › [National Park Service](#)
- › [Smithsonian Museum](#)



# ACCESSIBILITY

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- › [Children's Stories Read in American Sign Language](#)
- › [Google Chrome Extension](#)



# ADDITIONAL RESOURCES

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- › [Learning Resources \(DOE\)](#)
- › [Digital Maine Library](#)
- › [Family & Caregivers \(DOE\)](#)
- › [Family COVID-19 Resources](#)
- › [Childcare \(DHHS\)](#)

