



Provided by Human Resources

# Back-to-School Tips and Resources

In keeping with Texas Children's pledge to support our team members in every aspect of your well-being, we've compiled the following resources and information to help all of our parents make a successful transition into the upcoming school year.

**BACK TO SCHOOL DISCOUNTS:** Through [BenefitHub](#), Texas Children's provides its employees with easy-to-use discounts and savings on thousands of items and services, including tutoring discounts, waived registration fees, daycare tuition discounts, and more. If you are accessing BenefitHub for the first time, create a new account with Texas Children's referral code: AH5SYC.

**EAP PLUS FAMILYSOURCE®:** Employees and Baylor partners can receive personalized assistance for a wide range of issues, such as child or elder care, education and housing needs. Contact Texas Children's EAP Plus by phone 24 hours a day, seven days a week at 833.EAP.PLUS (833.327.7587), or visit the EAP Plus portal [online](#); click "Register" and enter EAPPLUS as the Organization Web ID.

**CHILD CARE:** Texas Children's has partnered with the [YMCA](#) to provide temporary child care for our employees and Baylor partners based at Texas Children's in both Houston and Austin. In addition, there are various community resources available, such as Frontline Child Care and Workforce Solutions. For more information on these options, [click here](#).

**DEPENDENT CARE EXPENSES:** If your child and/or elder care needs have been significantly disrupted by COVID-19, you have the opportunity to make changes to your 2020 FSA election per updated IRS regulations. To learn more, [click here](#).

**DISTANCE LEARNING:** Learning from home can often be a difficult departure from a child's normal in-school routine. As such, included [here](#) is information on how to help your child adjust to distance learning. You can also find tips and tricks for homeschooling while working from home by visiting [here](#).

**IMPORTANCE OF PLAY:** Take time each day to play with your children. Play allows children to use their creativity, it helps develop their imagination and it's important for brain development. [Here](#) are other reasons why it is so important for children to be engaged in play each day. [Here](#) are some forms of play that do not involve technology.

**HEALTHY FAMILY GUIDE:** This [handy guide](#) covers various topics such as parenting resources, tips for physical activity, nutrition, mindfulness and much more.

**LEARNING PODS AND TUTORING:** Tutoring can be a great option to ensure your child is staying on track with his or her school work. Many parents/guardians are sharing the cost of a tutor by organizing or joining small [learning pods](#) with other school-age children who are in the same neighborhood or attending the same grade or school.

**SLEEP:** Transitioning from a summer sleep schedule to a school sleep schedule can be difficult for any child. [Here](#) is a variety of tips to help with your child's transition.

**STRESS MANAGEMENT:** If you find yourself or your child is feeling stressed about the pandemic, there are [resources available](#) that can help support your mental, physical and spiritual needs.

**TAKE A BREAK FROM TECHNOLOGY:** Children spend a lot of time watching screens, including smartphones, tablets, gaming consoles, TVs, and computers now as they head back to school. Take some time each day and encourage them to put down their phone or turn off the TV. It is also important for children to [limit their screen time](#) for brain development.

**WHEN SCHOOLS REOPEN:** Dr. Galit Holzman-Pazgal at Texas Children's West Campus addresses [top-of-mind questions](#) parents and guardians should consider when deciding how best to mitigate the risk of acquiring COVID-19.

**WORKING FROM HOME:** Here are [8 tips for working from home with kids](#), and a [guide for working \(from home\) parents](#).

**OTHER TOPICS:** During this unprecedented time, parents are facing a variety of challenges. Explore these common issues to learn more: [Healthy parenting during COVID-19](#); [parent support groups](#); and [how to help a new mom during COVID-19](#).

More detailed information on Benefits, Employee and Financial Assistance, can be found on our HR COVID-19 Resources website at [texaschildrensbenefits.org/covid-19-resources](https://texaschildrensbenefits.org/covid-19-resources).