



BACK-TO-SCHOOL RESOURCES

Whether they're at home or in a classroom, you can help your kids get the most from their learning opportunities during this unusual time.

For K–12 Parents

Support From Care.com [↗](#)

Use your Lam Care.com membership to help you find:

- An in-person or online **tutor** to keep your kids on track with specific subjects
- A **caregiver** or tutor to help your kids with distance learning while you work
- A **pod teacher** if you want your kids to be schooled at home—alone or with others
- A local family to partner with on a **nanny share** based on your similar needs
- A **babysitter or nanny** to watch your younger children while you work

Get started at lam.care.com.

Care.com also offers this [back-to-school resource guide](#) with information on these and many other timely topics.

Supporting Your Child's Mental Health [↗](#)

Excited? Anxious? Fearful? Whatever your child is feeling about the start of school, UNICEF provides ideas to help you support her.

Back-to-School Decision Tool [↗](#)

The CDC put together this guide for choosing among your options, if offered, for virtual, in-person, or hybrid schooling for your children.

Back-to-School Checklist [↗](#)

This list from the CDC will help you and your kids prepare for learning in a classroom or at home.

Return-to-School Tips [↗](#)

The American Academy of Pediatrics offers suggestions for going back to the classroom.

For College Students

[College Student Shopping List](#)

This list suggests what to have on hand for virtual or in-person classes and study sessions.

[Resources for College Students](#)

College Express has assembled a huge list of updated resources for students who are learning at home, living on campus, or applying to college.



For Everyone

[Employee Assistance Program](#)

The EAP is available to assist you and your children 24/7 at 866-248-4096. You can also find tools, resources, and articles at liveandworkwell.com (access code LamUS).