

# COVID-19 Parenting Resources

## General Information About Coronavirus for Families

### **2019 Novel Coronavirus**

Information on COVID-19 and tips for parents on how to keep kids healthy, how to handle school closures, and how to talk to kids about COVID-19.

English: <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

Spanish: <https://www.healthychildren.org/spanish/health-issues/conditions/chest-lungs/paginas/2019-novel-coronavirus.aspx>

Source: [HealthyChildren.org](https://www.healthychildren.org) from the [American Academy of Pediatrics](https://www.aap.org)

## Talking to Children About Coronavirus/COVID-19

### **Talking to Children About COVID-19 (Coronavirus): A Parent Resource**

A webpage with tips for parents on how to talk with their children about Coronavirus. The tip sheets are available for download in English, Spanish, Amharic, Chinese, Korean, French, and Vietnamese.

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Source: [National Association of School Psychologists](https://www.nasponline.org) and [National Association of School Nurses](https://www.nasn.org)

### **Talking with Kids About COVID-19 (Podcast)**

Nicole Dempster, PhD, pediatric psychologist of Nationwide Children's Hospital, talks with *Prognosis Ohio* podcast host Dan Skinner about strategies for talking with kids about COVID-19.

<https://www.wcbe.org/post/talking-kids-about-covid-19>

Source: [National Public Radio](https://www.npr.org) and [WCBE \(Central Ohio Public Radio\)](https://www.wcbe.org)

### **How to Talk to Your Kids About Coronavirus**

Discussion guide for talking with children about coronavirus that is focused on correcting misinformation, reassuring children of their safety, and what families can proactively do to stay safe.

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus> <http://www.pbs.org>

Source: [PBS](#)

### **Talking About the Coronavirus**

Tip sheet for parents for talking about the coronavirus with young children.

<https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus>

Source: [Zero to Three](#)

### **Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks**

A fact sheet for parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak. It describes potential reactions among youth and the support adults can provide to help them.

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

Source: [U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

### **Talking to Children About Disasters**

Tips for parents on talking about disasters with children to help them cope effectively.

English: <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Talking-to-Children-about-Disasters.aspx>

Spanish: <https://www.healthychildren.org/spanish/healthy-living/emotional-wellness/paginas/talking-to-children-about-disasters.aspx>

Source: [HealthyChildren.org](#) from the [American Academy of Pediatrics](#)

# Parenting During the Coronavirus Outbreak

## **Taking Care of Your Family During Coronavirus and Other Emerging Infectious Disease Outbreaks**

A two-page tip sheet with advice and resources for staying informed, practicing good basic hygiene, and managing stress during an infectious disease outbreak.

[https://www.cstsonline.org/assets/media/documents/CSTS\\_FS\\_Corona\\_Taking\\_Care\\_of\\_Your\\_Family.pdf.pdf](https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf)

Source: [Center for the Study of Traumatic Stress](#)

## **Parenting Through Community Crises and Disasters**

Resource page for parents on talking with children about crises and disasters that includes question prompts and discussion guides, as well as information about stress and trauma in children.

<https://www.mghpact.org/for-parents/parenting-through-community-crises/>

Source: [Massachusetts General Hospital Cancer Center PACT Program](#)

## **Parenting During COVID-19**

Parenting tips for addressing children's reactions and anxieties about the coronavirus outbreak and its impacts.

<https://www.psychologytoday.com/us/blog/little-house-calls/202003/parenting-during-covid-19>

Source: [Psychology Today](#)

## **Positive Parenting**

An infographic on parenting behaviors that foster a child's capacity to love, trust, learn, and grow.

English: <https://www.zerotothree.org/resources/2240-positive-parenting-infographic>

Spanish: <https://www.zerotothree.org/espanol/infografia-de-crianza-positiva>

Source: [Zero to Three](#)

## **Managing Your Own Emotions: The Key to Positive, Effective Parenting**

Guidance for parents on the influence their reactions have on children's behavior and tips on how to respond to help children develop and foster their coping skills.

English: <https://www.zerotothree.org/resources/338-managing-your-own-emotions-the-key-to-positive-effective-parenting>

Spanish: <https://www.zerotothree.org/resources/1860-el-manejo-de-las-propias-emociones-la-clave-para-los-estilos-de-crianza-de-ninos-positivos-y-eficaces>

Source: [Zero to Three](#)

# Recognizing and Managing Stress

## **Children's Responses to Crises and Tragic Events**

Tips for families and early childhood education staff on what children's responses to crises and tragic events may look like.

<https://eclkc.ohs.acf.hhs.gov/publication/childrens-responses-crises-tragic-events>

Source: [U.S. Department of Health and Human Services Early Childhood Learning and Knowledge Center](#)

## **Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019**

Tips for parents and caregivers on the possible physical and emotional impacts of an infectious disease outbreak and what they can do to help their family cope.

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Source: [National Child Traumatic Stress Network](#)

## **Facts for Families: News and Children**

This Facts for Families guide discusses strategies for minimizing the negative effects that watching the news may have on children.

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-The-News-067.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-The-News-067.aspx)

Source: [American Academy of Child & Adolescent Psychiatry](#)

## **Supporting Young Children Isolated Because of Coronavirus**

Tips for talking about the coronavirus with children; includes tips for children who are socially isolated as a result of COVID-19 associated stigma. In English and Chinese.

<https://911.lsuhsu.edu/coronavirus/docs/Talking-to-Young-Children-CoronaVirus-Translation-Combined.pdf>

Source: [Louisiana State University Health Sciences Center](#)

## **Helping Children Cope with Frightening News**

WHO infographic on helping children cope with stress during the COVID-19 outbreak, suitable for display or distribution in the office practice.

<https://www.epi-win.com/all-resources/helping-children-cope-with-stress-during-the-covid-19-outbreak>

Source: [World Health Organization Information Network for Epidemics](#)

### **Disaster and Trauma Parent Resource Center**

This page includes *Facts for Families* on many aspects of dealing with trauma, grief, post-traumatic stress, and other mental health conditions that arise from disasters, and links to many other resources for families and children dealing with disasters.

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/Disaster\\_Resource\\_Center/Resources\\_for\\_Parents\\_Disaster.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Disaster_Resource_Center/Resources_for_Parents_Disaster.aspx)

Source: [American Academy of Child & Adolescent Psychiatry](#)

## Social Distancing and Staying Home

### **Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak**

This tip sheet provides information and resources to help individuals take care of their behavioral health during social distancing, quarantine, and isolation related to an infectious disease outbreak. Includes tips on self-advocating, working with employers to reduce financial stress, and coping strategies.

English: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Spanish: <https://store.samhsa.gov/system/files/sma14-4894spanish.pdf>

Source: [U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

### **Helping Homebound Children During the COVID-19 Outbreak**

A two-page tip sheet for parents with approaches for managing homebound periods for children and families, such as school closures and social distancing during the COVID-19 outbreak.

[https://www.cstsonline.org/assets/media/documents/CSTS\\_FS\\_Helping\\_Homebound\\_Children\\_during\\_COVID19\\_Outbreak.pdf](https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf)

Source: [Center for the Study of Traumatic Stress](#)

### **COVID-19: How to Help Kids Deal with School Closings and Cancelled Plans**

Tips to help parents and kids handle the challenges of school closings and social distancing.

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/03/school-closings-cancelled-plans>

Source: [Nationwide Children's Hospital](#)

# Activities and Resources for Families and Children at Home

*Below are a few examples of the many online resources to help parents find enriching and entertaining activities for children while they are practicing social distancing and quarantines during an infectious disease outbreak.*

## **How Can I Tell If an App Is Good for Learning?**

Tips for families for finding learning-focused apps and websites.

<https://www.commonsensemedia.org/learning-with-technology/how-can-i-tell-if-an-app-or-a-website-is-really-good-for-learning>

Source: [Common Sense Media](#)

## **Helping Your Family De-Stress During Coronavirus Anxiety**

Tip sheet for parents on how to manage anxiety, stay active, and focus on family well-being.

<https://www.commonsensemedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty?>

Source: [Common Sense Media](#)

## **New York City Department of Education: Learn-at-Home Resources**

This page provides supplementary learning resources for children home from school.

<https://www.schools.nyc.gov/learning/learn-at-home>

Source: [New York City Department of Education](#)

## **Brooklyn Public Library: Virtual Storytime**

Storytime activities geared toward young children.

<https://www.bklynlibrary.org/calendar/list?age%5B0%5D=12986>

Source: [Brooklyn Public Library](#)

## **Daily Art Challenge**

Daily art challenge for families. (Note: Requires Facebook account and login.)

<https://www.facebook.com/follow.your.art.community/>

Source: [Follow Your Art, LLC](#)

**PBS Kids**

Activities and educational games for children, geared toward a younger audience.

<https://pbskids.org/>

Source: [PBS](#)

**Online Education Classes for Every Age and Grade**

An expansive list of online educational resources, apps and games.

<https://www.cnet.com/how-to/coronavirus-closed-schools-here-are-online-education-classes-for-every-age-and-grade/>

Source: [CNET](#)