**Resources for Parents and Families**

**During the Coronavirus Pandemic**

With the disruption of our normal day-to-day lives due to the coronavirus pandemic, it is not unexpected that parents and caregivers would feel the effects of stress and anxiety. Caregivers dealing with children have another level of stress added as they try to juggle their household responsibilities, online schooling, and keeping kids occupied during these days of confinement.

We have compiled a list of resources and sites for parents, grandparents and kids to visit to help navigate these previously uncharted waters and perhaps help make our days more productive and less anxiety-provoking.

The American Academy of Pediatrics [HealthyChildren.org](https://www.healthychildren.org/English/Pages/default.aspx) website has a constantly [updated page](https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx) on the novel coronavirus that covers both the science and practical guidance for parents. Other new articles for parents from the website include:

[Working and Learning from Home During the COVID-19 Outbreak](https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Working-and-Learning-from-Home-During-the-COVID-19-Outbreak.aspx)

[Social Distancing: Why Keeping Your Distance Helps Keep Others Safe](https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Social-Distancing-Why-Keeping-Your-Distance-Helps-Keep-Others-Safe.aspx)

[Tips for Coping with a New Baby During COVID-19](https://www.healthychildren.org/English/ages-stages/baby/crying-colic/Pages/Tips-for-Coping-with-a-New-Baby.aspx)

[Positive Parenting & COVID-19: 10 Tips to Help Keep the Calm at Home](https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)

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[EcoWatch: How to Talk to Your Kids About the Coronavirus Outbreak](https://www.ecowatch.com/coronavirus-talk-to-your-kids-2645571490.html)

A series of colorful graphic panels you can use when talking to children can be accessed [HERE](https://drive.google.com/open?id=1N5rZdNT3ONI7j3-QnEpRASJyCM-SkYvh).

# [The Center on the Developing Child at Harvard University: Stress, Resilience, and the Role of Science: Responding to the Coronavirus Pandemic](https://developingchild.harvard.edu/stress-resilience-and-the-role-of-science-responding-to-the-coronavirus-pandemic/)

Recommendations from Dr. Harper Keenan, the Robert Quartermain Assistant Professor of Gender & Sexuality Research in Education at the University of British Columbia. What he has to say can be accessed [HERE](https://drive.google.com/open?id=1T71eUf87xyxC8gdJ9L9TmMwbgG05Io6Z).

[Child Trends: Resources for Supporting Children’s Emotional Well-being during the COVID-19 Pandemic](https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic)

[Early Learning Nation: A Parent’s Guide to Surviving COVID-19: 8 Strategies to Keep Children Healthy and Happy](http://earlylearningnation.com/2020/03/a-parents-guide-to-surviving-covid-19-8-strategies-to-keep-children-healthy-and-happy/)

[Harvard Graduate School of Education: Helping Children Cope with Coronavirus and Uncertainty](https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty)

[National Association of School Psychologists: 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)

[Keep Kids Busy and Learning: CommonSenseMedia.org](http://CommonSenseMedia.org)

[Docs For Tots: Apps and Activities to Do at Home](http://docsfortots.org/apps-and-activities-to-do-at-home/)

And finally, a video of interest to all of us:

[VIDEO: How to Handle Food Safely During the Crisis](https://www.youtube.com/watch?v=sjDuwc9KBps&feature=youtube&fbclid=IwAR1pm0abd63_xLXcyhbuICzAJBLgEg3rkFO8P1FYriUUUZwB24pD7jnhchw)

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If you have sites or resources to add to this list, please send them to [SJG34@Cornell.edu](mailto:SJG34@Cornell.edu)