

A message to families and caregivers:

You may notice that your children are experiencing some pretty big ups and downs during this time. At one moment they are happy and playing and at the very next they are crying or screaming for what seems like no apparent reason. This can be very trying for us as parents- especially when our stresses/worries are also piled up and we are on edge. These BIG emotions and reactions are to be expected. Kids are processing what is going on at their own developmental level. This may lead to fear and worry which can come out as other emotions such as anger or sadness. As a parent, the best thing you can do during these times is to be a calming presence. Take deep breaths with them, take some quiet time together, give them a hug, say things like "It's okay to be upset- I'm here." Be that calm in your child's storm and teach them healthy coping mechanisms that will benefit them throughout their lives. If you haven't heard it yet, you are doing an AMAZING job. Love, Ms. Tawny

Emergency Resources: This resource contains a list of National Crisis Helplines when you or your child needs immediate assistance.

[Emergency Resources for Students and Families FINAL](#)

Resources for Parents and Caregivers to Help Children During Difficult Times

CORONAVIRUS INFORMATION FOR PARENTS/CAREGIVERS TO SHARE WITH CHILDREN

Coronavirus: A book for children written by Elizabeth Jenner, Kate Wilson & Nia Roberts (Free Printable PDF book)

https://drive.google.com/file/d/1wDIrmGbDS_a7BWiYPIIZvttxTEVJBCE/view?usp=sharing

Just for Kids: A Comic Explaining Coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

The Yucky Bug by Julia Cook: A video reading of the book

<https://safeyoutube.net/w/lA32>

TALKING TO CHILDREN ABOUT THE CORONAVIRUS

How to Talk to Your Kids About the Coronavirus

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

Child Mind Institute: Talking to Kids about the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Supporting Children and Young People with Worries About COVID-19

https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf

How to Help Kids Sort Fact From Fiction About the Coronavirus

<https://www.common sense media.org/blog/how-to-help-kids-sort-fact-from-fiction-about-the-coronavirus>

Talking to Your Child About COVID-19: A Parent Resource

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

How to Wash Your Hands and Other Gentle Lessons From TV Friends

<https://www.common sense media.org/blog/how-to-wash-your-hands-and-other-gentle-lessons-from-tv-friends>

SUPPORTING YOUR CHILD AND FAMILY DURING DIFFICULT TIMES

Age-Related Reactions to a Traumatic Event

https://www.nctsn.org/sites/default/files/resources//age_related_reactions_to_traumatic_events.pdf

Helping Children Cope: Tips for Parents and Caregivers

<https://www.schoolcounselor.org/asca/media/asca/Crisis/HelpforCaregivers.pdf>

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Parenting During COVID-19

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

Helping Children Cope With Changes Resulting From COVID-19

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEj>

[hbPt5LLkUCn77w_2rzqWcel_OdFpM](https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need)

The Pandemic Toolkit Parents Need: 8 expert tips to help families stay regulated.

<https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need>

Resources for Undocumented Immigrants and Their Families During COVID19

https://mydocumentedlife.org/2020/03/30/resources-for-undocumented-immigrants-and-their-families-during-covid-19/?fbclid=IwAR1A27eq-q-RhkQUHkL3QqQJnEnu4Aw7UtWt8LK_g0eYxmlpHjdbH7bktWs

Stuck at Home Survival Guide

<https://weta.org/local/coronavirus/homesurvivalguide>

Living with Worry and Anxiety Amidst Global Uncertainty

https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf

Books to help children with anxiety:

<https://storiesbystorie.com/books-for-kids-who-worry-or-have-anxiety/>

Something Bad Happened: A Kids Guide to Learning About Events in the News
by Dawn Huebner (Book)

<https://www.dawnhuebnerphd.com/something-bad-happened-a-kids-guide-to-learning-about-events-in-the-news/>

Child-Mind Institute: Anxiety and Coping with the Coronavirus

<https://childmind.org/article/anxiety-and-coping-with-coronavirus/>

Helping Children Cope with Disaster

<https://www.fema.gov/pdf/library/children.pdf>

SUPPORTING YOUR CHILD WITH VIRTUAL SCHOOLING

Sample Schedules for Virtual Schooling

<https://mommyhood101.com/daily-schedule-for-kids>

Parents Ultimate Guide to Google Classroom

<https://www.commonsemmedia.org/blog/parents-ultimate-guide-to-google-classroom>

How to Keep Kids Learning When They're Stuck at Home

<https://www.commonsemmedia.org/blog/how-to-keep-kids-learning-when-theyr>

[e-stuck-at-home](#)

A Parent's Guide to Virtual Learning: 4 Actions to Improve Your Child's Experience With Online Learning

<https://www.nclld.org/wp-content/uploads/2020/03/A-Parents-Guide-to-Virtual-Learning-4-Actions-To-Improve-your-Childs-Experience-with-Online-Learning.pdf>

Special Education Support: A Parent's Guide to Virtual Learning

<https://www.nclld.org/wp-content/uploads/2020/03/A-Parents-Guide-to-Virtual-Learning-4-Actions-To-Improve-your-Childs-Experience-with-Online-Learning.pdf>

Setting up For Homework Success

<https://confidentparentsconfidentkids.org/2014/09/25/setting-up-for-homework-success/>

Homework Attitude: Promoting Autonomy and Independence

<https://confidentparentsconfidentkids.org/2017/03/23/homework-attitude-promoting-autonomy-and-competence-to-inspire-hard-work/>

Self-Care for Parents and Caregivers

Center for Healthy Minds: COVID-19 Resource Toolkit: Contains an abundance of resources for adults and children to support well-being during the Coronavirus outbreak.

<https://centerhealthyminds.org/well-being-toolkit-covid19>

POWER UP is a set of audio tracks that will help you chill out, calm down

<https://www.biteback.org.au/PowerUp>

Self-Care in the Time of Coronavirus

<https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

Coping with Stress during Infectious Disease Outbreaks

<https://drive.google.com/file/d/1GAbqJZKAF3eJXZAiemGt0G8Ms2CQtY1Z/view?usp=sharing>

4 Tips for Staying Connected While Working From Home

<https://www.edc.org/4-tips-staying-connected-while-working-home>

Mental Health First Aid: Self-Care During COVID-19

https://docs.google.com/document/d/19_hn-hQJWtSWOuaMmBUtfZs7DW0cfvmU2yPpkRdyikE/edit?usp=sharing

Taking Care of Your Mental Health in the Face of Uncertainty

https://mailchi.mp/afsp/2019-end-of-year-2268104?fbclid=IwAR3nmUu6zCf3JdUVpdFyBJKOJUvaTHph20zArPSqVBRplvH_3LtFsdry7G8

