

COVID-19 Parent and Educator Resources

Self-Care Resources

Tips to Manage Stress and Anxiety-CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Guide to helping families cope-National Child Traumatic Stress Network

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

Parent/Caregiver Guide to Helping Families Cope With COVID-19–National Child Traumatic Stress Network

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

Tips for families- Zero To Three

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

Coping with Stress during Infectious Disease Outbreaks- SAMHSA

<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Self-Care in Time of COVID-19- Child Mind Institute

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

Parenting with ACES: Trauma-Informed Resources Available During the Covid-19

Quarantine- ACES Connection <https://www.acesconnection.com/g/Parenting-with-ACES/blog/trauma-informed-resources-available-during-covid-19-quarantine-www-attachmenttraumanetwork-com>

A Parent's Guide to Surviving COVID-19: 8 Strategies to Keep Children Healthy and Happy
Early Learning Nation

<http://earlylearningnation.com/2020/03/a-parents-guide-to-surviving-covid-19-8-strategies-to-keep-children-healthy-and-happy/>

How Mindfulness can help during Covid-19- Child Mind Institute

<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>

Fostering Resiliency and Diminishing Trauma

Transforming COVID-19 into a positive experience for our children- ACES Connection

<https://www.acesconnection.com/blog/healing-in-place-game-on-to-flip-the-covid19-threat-into-a-positive-experience-for-our-children>

Ongoing series of conference-quality free webinars for early childhood educators and caregivers-Early Childhood Investigations

<https://www.earlychildhoodwebinars.com/webinar-resources/>

Sesame Street in Communities builds on their almost 50-year commitment to addressing kids' developmental, physical, and emotional needs. Their time-tested research model and thorough testing with families and providers ensures that these resources have a measurable impact in the lives of parents and children.

<https://sesamestreetincommunities.org/>

Resources on stress resilience- Center on the Developing Child

<https://developingchild.harvard.edu/stress-resilience-and-the-role-of-science-responding-to-the-coronavirus-pandemic/>

Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children- CDC

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

What Coronavirus is: Video from BrainPOP

https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?mkt_tok=eyJpIjoiWkRjMU5URTBPRGRgT1RWbSlzInQiOiJYc1VuWmtLNIBMSk5FYjV1XC9qN1ZzaXk2aDg4cFVSQXBmQWFnQWRvczFzSGt4Z01TeXp2bWU2QmcrFZQZTB6UVFWazVIMUpkR3VXYWp4dWh0RmZQNGc9PSJ9

Resources for supporting children's emotional wellbeing during the Covid-19 Pandemic- Child Trends

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Helping Children Cope with COVID-19 Uncertainty- Harvard Graduate School of Education

<https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty>

How to Cope with Disrupted Family Routines during Covid-19-Autism Speaks

<https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19>

Resources for Families during the Coronavirus pandemic- Common Sense Media

<https://www.common Sense Media.org/resources-for-families-during-the-coronavirus-pandemic>

A Parent's Guide to Surviving COVID-19: 8 Strategies to Keep Children Healthy and Happy- Early Learning Nation

<http://earlylearningnation.com/2020/03/a-parents-guide-to-surviving-covid-19-8-strategies-to-keep-children-healthy-and-happy/>

Talking to Children about Covid-19 a parent resources- National Association of School Psychologists

[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)

Parenting during Covid-19 Crisis- SAMHSA

https://store.samhsa.gov/sites/default/files/product_thumbnails/PEP20-01-01-006-Thumbnail.jpg

National Child Trauma Stress Network Resource Fact Sheet

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

Supporting kids during the Covid-19 crisis- Child Mind Institute

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

Supporting Teens and Young Adults during Coronavirus Crisis- Child Mind Institute

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

Talking With Children: Tips for Caregivers, Parents, and Teachers during Infectious Disease Outbreaks- SAMHSA

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886>