



COVID-19 Resources for Kids & Parents

Web Resources & Tips

479.856.7000 / faylib.org

Web Resources

COVID-19 Parental Resources Kit—Centers for Disease Control and Prevention

A guide with age-specific resources for parents and caregivers to ensure children and young people's social, emotional and mental well-being through the pandemic.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html>

Resources for Helping Kids and Parents Cope Amidst COVID-19—American Academy of Child & Adolescent Psychiatry

This site has an extensive list of resources, including tips for talking with children about the coronavirus and the loss of loved ones, suggested activities for kids, and coping skills for parents.

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx

Coronavirus Resources for Parents—PBS

Includes advice for how to learn at home and self-regulation, answers to questions about wearing masks and hygiene, and family activities for connection and stress reduction.

<https://www.pbs.org/parents/coronavirus-resources-for-parents>

Parenting in Anxious Times (with Susan Stiffelman)—Janet Lansbury

A podcast from Janet Lansbury, best-selling author and parenting expert, with therapist and author Susan Stiffelman about speaking to children about the pandemic.

<https://www.janetlansbury.com/2020/03/parenting-in-anxious-times-with-susan-stiffelman-mft/>

Free eBooks About COVID-19—Compiled by New York City School Library System

A substantial list of free eBooks including *Coronavirus: A Book for Children*, illustrated by Axel Scheffler, and *The Princess in Black and the Case of the Coronavirus* by acclaimed authors Shannon and Dean Hale.

<https://nycdoe.libguides.com/COVID-19ebooks/free>

How to talk to your children about COVID-19

- Keep all talk about COVID-19 as positive as possible
- Explain basic terms about the pandemic (e.g. coronavirus or pandemic) with language they understand (ex. “Stay a pool noodle’s distance between you and your friend”).
- Stress how simple tasks, like washing their hands, will help keep your family healthy and will help the virus go away faster. This will help give children a sense of control.

How to make the best of quarantining/social distancing

- Encourage children to stay active and get fresh air daily.
- Keep a regular schedule.
- Reduce your child’s stress levels by limiting their exposure to the news.
- Help your child feel more excited about screen activities by reserving most screen time for learning, school and social activities.
- Create special one-on-one time with your child on a regular basis.

Note: All tips were adapted from KidsHealth and the American Academy of Child & Adolescent Psychiatry.