

Helpful Websites For Parents & Students

How to Prevent Loneliness in a Time of Social Distancing <https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_How-2Dto-2DPrevent-2DLoneliness-2Din-2Da-2DTime-2Dof-2DSocial-2DDistancing-2DScientific-2DAmerican.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=87KV7onWaXCQWY8hsI5mOk5f3kZR43lc6_IQEIcAwxI&e=>> – With increasing numbers of people isolated because of quarantine and social distancing, COVID-19 is not the only public health threat we should be worried about—loneliness is one as well. This article discusses this in greater detail and offers practical steps to address this.

Managing Stress Associated with the COVID-19 Virus Outbreak <https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_COVID19ManagingStress032020.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=JXyWmIssfNTs8HYSdeAoZtwlUdzdkun-WYtzBh-d9xo&e=>> – The COVID-19 (coronavirus) outbreak has the potential to increase stress and anxiety, both because of the fear of catching the virus and also because of uncertainty about how the outbreak will affect us socially and economically. The National Center for PTSD provides practical steps you can take to improve your wellbeing.

Sleep Resources by Age<https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_04_COVID-2DSleep-2DResources-5FCHOP-2DAW.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=GSoC0jPk-96XHwzN992sMS0kYekZ63q1XabioDaBPGGo&e=>

– This guide, while assembled by Children’s Hospital of Philadelphia (CHOP), covers sleep resources for all ages from expectant mothers and infants through later adulthood.

Mental Health and Coping During COVID-19<https://urldefense.proofpoint.com/v2/url?u=https-3A__www.cdc.gov_coronavirus_2019-2Dncov_prepare_managing-2Dstress-2Dand-2Danxiety.html-3FCDC-5FAA-5FrefVal-3Dhttps-253A__www.cdc.gov_coronavirus_2019-2Dncov_about_coping.html&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=s8c_cFrRIOhv9b-44dXxd1Hhy4pJpsXAY0gvFyko27I&e=>

– The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger, these resources from the CDC aim to help in this regard.

Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak<https://urldefense.proofpoint.com/v2/url?u=https-3A__store.samhsa.gov_product_Taking-2DCare-2Dof-2DYour-2DBehavioral-2DHealth-2DTips-2Dfor-2DSocial-2DDistancing-2DQuarantine-2Dand-2DIsolation-2DDuring-2Dan-2DInfectious-2DDisease-2DOutbreak-2DSpanish-2DVersion-2D_SMA14-2

[D4894SPANISH&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=hD501RTEVgVYgOV3CxURo53Ex7kSrdfDuWnSBcNpfXQ&e=>](https://www.samhsa.gov/mental-health/article/2020/04/20/mental-health-social-distancing) – Published by the Substance Abuse and Mental Health Services Administration (SAMHSA), a comprehensive guide to managing your mental health in the context of social distancing, quarantine, and isolation.

How Loneliness from Coronavirus Isolation Takes Its Toll<https://urldefense.proofpoint.com/v2/url?u=https-3A_www.newyorker.com_news_our-2Dcolumnists_how-2Dloneliness-2Dfrom-2Dcoronavirus-2Disolation-2Dtakes-2Dits-2Down-2Dtoll&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=V8v12vtKzQtgr-h_MUcooDRGHjrEuWKg5iFJNh16O1s&e=>> – From the New Yorker, “For the past century, human life has focussed increasingly on money and material belongings, which, especially with technology, led to neglect of human relationships. Now that we’re suddenly stuck at home, the best means of surviving, psychologically and biologically, is to interact with people by whatever means available”

Mindfulness Exercise – Some amount of distress during the current pandemic is to be expected. Below is a list of mindfulness exercises curated by William Robiner PhD, clinical psychologist at University of Minnesota to help manage that distress:

4 minute working with difficulty meditation<https://urldefense.proofpoint.com/v2/url?u=https-3A_play.buddhify.com_share_meditation_names2_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=V8v12vtKzQtgr-h_MUcooDRGHjrEuWKg5iFJNh16O1s&e=>>

[ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=6fMYqMOnpPtkBP2mlvwx45Ljnk3hz_L4Ww8kwml7ijs&e=>](https://urldefense.proofpoint.com/v2/url?url=https-3A__play.buddhify.com_share_meditation_self-2Dcritical_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=6fMYqMOnpPtkBP2mlvwx45Ljnk3hz_L4Ww8kwml7ijs&e=>)

6 minute working with self-criticism meditation<[https://urldefense.proofpoint.com/v2/url?url=https-3A__play.buddhify.com_share_meditation_self-2Dcritical_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-](https://urldefense.proofpoint.com/v2/url?url=https-3A__play.buddhify.com_share_meditation_self-2Dcritical_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=Z2t9VGov2fvtCotClCRBjTIEm0A-QRQJXk7IUmq3C2E&e=>)

[ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=Z2t9VGov2fvtCotClCRBjTIEm0A-QRQJXk7IUmq3C2E&e=>](https://urldefense.proofpoint.com/v2/url?url=https-3A__play.buddhify.com_share_meditation_anger_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=V7vfjIG_3rKgAlOvKpEcgWQAW9pX2Qo7IFnIYtrw9o0&e=>)

10 minute working with anger meditation<[https://urldefense.proofpoint.com/v2/url?url=https-3A__play.buddhify.com_share_meditation_anger_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-](https://urldefense.proofpoint.com/v2/url?url=https-3A__play.buddhify.com_share_meditation_anger_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=V7vfjIG_3rKgAlOvKpEcgWQAW9pX2Qo7IFnIYtrw9o0&e=>)

[ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=V7vfjIG_3rKgAlOvKpEcgWQAW9pX2Qo7IFnIYtrw9o0&e=>](https://urldefense.proofpoint.com/v2/url?url=https-3A__play.buddhify.com_share_meditation_overwhelmed_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=jeFTn1KMln8-jA-t5GCKZLcSWAapptQYSSdZxHapVMQ&e=>)

10 minute feeling overwhelmed meditation<[https://urldefense.proofpoint.com/v2/url?url=https-3A__play.buddhify.com_share_meditation_overwhelmed_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-](https://urldefense.proofpoint.com/v2/url?url=https-3A__play.buddhify.com_share_meditation_overwhelmed_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=jeFTn1KMln8-jA-t5GCKZLcSWAapptQYSSdZxHapVMQ&e=>)

[12 minute working with stress and difficult emotion meditation<\[https://urldefense.proofpoint.com/v2/url?url=https-3A__play.buddhify.com_share_meditation_rain_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-\]\(https://urldefense.proofpoint.com/v2/url?url=https-3A__play.buddhify.com_share_meditation_rain_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=jeFTn1KMln8-jA-t5GCKZLcSWAapptQYSSdZxHapVMQ&e=>\)](https://urldefense.proofpoint.com/v2/url?url=https-3A__play.buddhify.com_share_meditation_rain_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=jeFTn1KMln8-jA-t5GCKZLcSWAapptQYSSdZxHapVMQ&e=>)

[ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=T_WjGywOAmVNYQhEt2O8jSdc2VYmH9yl4tUSp7zxWhM&e=>](https://www.guilford.com/add_segal2_MBCTDepression-2D12-2DWorking-2DWith-2DDifficulty.mp3&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=T_WjGywOAmVNYQhEt2O8jSdc2VYmH9yl4tUSp7zxWhM&e=>)

25 minute working with difficulty meditation<[https://urldefense.proofpoint.com/v2/url?u=https-3A__www.guilford.com_add_segal2_MBCTDepression-2D12-2DWorking-2DWith-2DDifficulty.mp3&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.guilford.com_add_segal2_MBCTDepression-2D12-2DWorking-2DWith-2DDifficulty.mp3&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=menbZ5WSkQq_p7qiaavQnVwG9sBmlpl1O3xvykLE1OI&e=>)

[ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=menbZ5WSkQq_p7qiaavQnVwG9sBmlpl1O3xvykLE1OI&e=>](https://www.guilford.com/add_segal2_MBCTDepression-2D12-2DWorking-2DWith-2DDifficulty.mp3&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=menbZ5WSkQq_p7qiaavQnVwG9sBmlpl1O3xvykLE1OI&e=>)

West Virginia University Medicine Children’s COVID Resources for Parents and Children – Our colleagues at WVUMC have compiled a comprehensive groups of resources to help parents and children talk about and cope with the current pandemic.

This includes Educational and Home Ideas<[https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_04_Educational-2Dand-2DHome-2DIdeas.docx&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-](https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_04_Educational-2Dand-2DHome-2DIdeas.docx&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=Ng4J0wA-XPRUztAJLYo-n2fsgw8G-LHchjPjzOhGoVM&e=>)

[ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=Ng4J0wA-XPRUztAJLYo-n2fsgw8G-LHchjPjzOhGoVM&e=>](https://www.guilford.com/add_segal2_MBCTDepression-2D12-2DWorking-2DWith-2DDifficulty.mp3&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=Ng4J0wA-XPRUztAJLYo-n2fsgw8G-LHchjPjzOhGoVM&e=>), COVID

Parenting Resources<[https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_04_COVID-2DParenting-2DResources.docx&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-](https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_04_COVID-2DParenting-2DResources.docx&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=8EFAjqt9Ag0IZILQubRh4HGPKNfFa2AOQyypJPA1D80&e=>)

[ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=8EFAjqt9Ag0IZILQubRh4HGPKNfFa2AOQyypJPA1D80&e=>](https://www.guilford.com/add_segal2_MBCTDepression-2D12-2DWorking-2DWith-2DDifficulty.mp3&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=8EFAjqt9Ag0IZILQubRh4HGPKNfFa2AOQyypJPA1D80&e=>), COVID

Autism Resources<https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_04_COVID-2DAutism

[-2DResources.docx&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=83CcX2cqluAPYKu4lNdK58Tt0frb0fB1jHgby-Mqrh0&e=>](https://urldefense.proofpoint.com/v2/url?u=https-3A__youtu.be_AeaRHkLLyDM&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=83CcX2cqluAPYKu4lNdK58Tt0frb0fB1jHgby-Mqrh0&e=>), and a video focused on talking to children about COVID

[<https://urldefense.proofpoint.com/v2/url?u=https-3A__youtu.be_AeaRHkLLyDM&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=Bi0v6ltm5al08W9Lhms1nTCV2D_kyJd9wogLy7rXxzI&e=>](https://urldefense.proofpoint.com/v2/url?u=https-3A__youtu.be_AeaRHkLLyDM&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=Bi0v6ltm5al08W9Lhms1nTCV2D_kyJd9wogLy7rXxzI&e=>).

COVID-19 Resources Specific for Individuals with I/DD and ASD and their Families

[<https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_04_COVID-2D19-2DResources.docx&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=Bh-cNTBieFC4pbq8VgwNmjiE4hzAE7BpEfiUMVghKcl&e=>](https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_04_COVID-2D19-2DResources.docx&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=Bh-cNTBieFC4pbq8VgwNmjiE4hzAE7BpEfiUMVghKcl&e=>) – From our colleagues at University of Colorado School of Medicine, a comprehensive summary of resources specific to those with or caring for intellectual or developmental disability as well as Autism Spectrum Disorder.

Helping kids cope with emergencies (CDC)

[<https://urldefense.proofpoint.com/v2/url?u=https-3A__www.cdc.gov_childrenin disasters_helping-2Dchildren-2Dcope.html&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=-fuRfCGr_Hvnzjfl_-fh_OPieeS2ES2fvf560Dx_Cy8&e=>](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.cdc.gov_childrenin disasters_helping-2Dchildren-2Dcope.html&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=-fuRfCGr_Hvnzjfl_-fh_OPieeS2ES2fvf560Dx_Cy8&e=>) – Regardless of your child’s age, he or she may feel upset or have other strong emotions after an emergency.

Some children react right away, while others may show signs of difficulty much later. How a child reacts and the common signs of distress can vary according to the child's age, previous experiences, and how the child typically copes with stress.

How to talk to and support your children/teens/young adults regarding

COVID-19 <[https://urldefense.proofpoint.com/v2/url?](https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_Support-2DChildTeen-2DDuring-2DCOVID-2D19.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=tAWmckeIYhao8yA9FqhYBqKVdbPKO3eVFNUyAeo4kgs&e=>)

[u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_Support-2DChildTeen-2DDuring-2DCOVID-2D19.pdf&d=DwMFaQ&c=27AKQ-](https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_Support-2DChildTeen-2DDuring-2DCOVID-2D19.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=tAWmckeIYhao8yA9FqhYBqKVdbPKO3eVFNUyAeo4kgs&e=>)

[AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-](https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_Support-2DChildTeen-2DDuring-2DCOVID-2D19.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=tAWmckeIYhao8yA9FqhYBqKVdbPKO3eVFNUyAeo4kgs&e=>)

[ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQ](https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_Support-2DChildTeen-2DDuring-2DCOVID-2D19.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=tAWmckeIYhao8yA9FqhYBqKVdbPKO3eVFNUyAeo4kgs&e=>)

[KL8&s=tAWmckeIYhao8yA9FqhYBqKVdbPKO3eVFNUyAeo4kgs&e=>](https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_Support-2DChildTeen-2DDuring-2DCOVID-2D19.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=tAWmckeIYhao8yA9FqhYBqKVdbPKO3eVFNUyAeo4kgs&e=>) This guide

was put together by Joshua G. Kellison, Ph.D., Licensed Clinical Psychologist at the

DBT Center of Arizona Support ChildTeen During COVID-19

Social Story Book for Children about COVID-19: “Something Strange Happened in my City” <[https://urldefense.proofpoint.com/v2/url?](https://urldefense.proofpoint.com/v2/url?u=https-3A__fdafdaa5-2D78a3-2D4b52-2Da60c-2Dbbc1ed5e8667.filesusr.com_ugd_d4e6d3-5F94633e79af82468b8adc6edcc362ea41.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=pYRhKap9kp5o-J7oFp4PZeORFG7UCEJWRw_2Yn3hq0s&e=>)

[u=https-3A__fdafdaa5-2D78a3-2D4b52-2Da60c-2Dbbc1ed5e8667.filesusr.com_ugd_d4e6d3-5F94633e79af82468b8adc6edcc362ea41.pdf&d=DwMFaQ&c=27AKQ-](https://urldefense.proofpoint.com/v2/url?u=https-3A__fdafdaa5-2D78a3-2D4b52-2Da60c-2Dbbc1ed5e8667.filesusr.com_ugd_d4e6d3-5F94633e79af82468b8adc6edcc362ea41.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=pYRhKap9kp5o-J7oFp4PZeORFG7UCEJWRw_2Yn3hq0s&e=>)

[AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-](https://urldefense.proofpoint.com/v2/url?u=https-3A__fdafdaa5-2D78a3-2D4b52-2Da60c-2Dbbc1ed5e8667.filesusr.com_ugd_d4e6d3-5F94633e79af82468b8adc6edcc362ea41.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=pYRhKap9kp5o-J7oFp4PZeORFG7UCEJWRw_2Yn3hq0s&e=>)

[ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQ](https://urldefense.proofpoint.com/v2/url?u=https-3A__fdafdaa5-2D78a3-2D4b52-2Da60c-2Dbbc1ed5e8667.filesusr.com_ugd_d4e6d3-5F94633e79af82468b8adc6edcc362ea41.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=pYRhKap9kp5o-J7oFp4PZeORFG7UCEJWRw_2Yn3hq0s&e=>)

[KL8&s=pYRhKap9kp5o-J7oFp4PZeORFG7UCEJWRw_2Yn3hq0s&e=>](https://urldefense.proofpoint.com/v2/url?u=https-3A__fdafdaa5-2D78a3-2D4b52-2Da60c-2Dbbc1ed5e8667.filesusr.com_ugd_d4e6d3-5F94633e79af82468b8adc6edcc362ea41.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=pYRhKap9kp5o-J7oFp4PZeORFG7UCEJWRw_2Yn3hq0s&e=>) – From Dr.

Shu-Chen Jenny Yen, developmental psychologist at California State University,

Fullerton. This book is for parents, guardians, and educators to help children aged 3-8

understand the coronavirus pandemic. This can be a scary time for children and they may not understand why they need to stay indoors, or what is going on in the world. One of

the best ways caretakers can help young children cope is by sharing age-appropriate

information, reassuring their safety, and learning about the many people working to fight

the virus. Audio book available here<https://urldefense.proofpoint.com/v2/url?u=https-3A__www.youtube.com_watch-3Fv-3DzWltPK3vUXs-26feature-3Dyoutu.be&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=kMLWbgtJD0Wtlj7atyk5cmhBkI__8SH5mpcJmmMWHDS&e=>

Resources for Parents and Caregivers for Wellness, Resilience, Coping, and Support During COVID-19<https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_CHOPRecsForParentsCaregivers.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=B9Bdd15pe6l_SE_gPUR2tbd7nwBnacTpV_6e1kavXzo&e=>

– From CHOP, an overview of their comprehensive approach to bolstering their doctors, nurses, and all other staff keeping the hospital open through the current challenge.

The Comfort Ability Program COVID-19 (free resources)<https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_CAP-2DCOVID-2DRESPONSE-2DNETWORK-2D.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=iWVAIs_-8hBla5mz5BS1dwAjtwZJFd02FnMgFfo4W68&e=>

– The Comfort Ability Program (CAP) in response to COVID-19 have created some new online services for kids with pain and their parents that are open to the community.

How to handle Autism-related clinical care during social distancing and school/program closures<[Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019<\[National Public Radio piece – Dr. Mary Alvord <https://thekojonnamdishow.org/shows/2020-03-24/maintaining-your-mental-health-during-coronavirus><<https://urldefense.proofpoint.com/v2/url?>\]\(https://urldefense.proofpoint.com/v2/url?u=https-3A__www.nctsn.org_resources_parent-2Dcaregiver-2Dguide-2Dto-2Dhelping-2Dfamilies-2Dcope-2Dwith-2Dthe-2Dcoronavirus-2Ddisease-2D2019&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=kUAZNPzQgBsXg1H8IF7QEm5LEaTy_ZGRjuUPLh2T7u8&e=> – From the The National Child Traumatic Stress Network, information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties. This resource will help parents and caregivers think about how an infectious disease outbreak might affect their family— both physically and emotionally—and what they can do to help their family cope.</p></div><div data-bbox=\)](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.autismspeaks.org_science-2Dnews_how-2Dhandle-2Dclinical-2Dcare-2Dduring-2Dsocial-2Ddistancing-2Dand-2Dschoolprogram-2Dclosures&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=HcPAKsxCoAORxKakmAwTjMTfW-ulkGCPCLzUG_m1GP0&e=> – From Autism Speaks, tips help prepare for service adjustments caused by COVID-19 precautions.</p></div><div data-bbox=)

[u=https-3A__thekejonnamdishow.org_shows_2020-2D03-2D24_maintaining-2Dyour-2Dmental-2Dhealth-2Dduring-2Dcoronavirus&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=-H9tcu_GDFtnl_Twz2rmrzFNn27VH5oHCwawEqEmeVU&e=>](https://www.thekejonnamdishow.org/shows/2020-2D03-2D24_maintaining-2Dyour-2Dmental-2Dhealth-2Dduring-2Dcoronavirus&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=-H9tcu_GDFtnl_Twz2rmrzFNn27VH5oHCwawEqEmeVU&e=>)

Seven Crucial Scientific Findings that Can Help you Cope with COVID <https://www.apa.org/news/apa/2020/03/covid-19-research-findings><[https://urldefense.proofpoint.com/v2/url?](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.apa.org_news_apa_2020_03_covid-2D19-2Dresearch-2Dfindings&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=gg0SdTpKLla4t9PHmFetmvnudT3ipUOlCsmEwLUMyZc&e=>)

[u=https-3A__www.apa.org_news_apa_2020_03_covid-2D19-2Dresearch-2Dfindings&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=gg0SdTpKLla4t9PHmFetmvnudT3ipUOlCsmEwLUMyZc&e=>](https://www.apa.org/news/apa/2020/03/covid-19-research-findings&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=gg0SdTpKLla4t9PHmFetmvnudT3ipUOlCsmEwLUMyZc&e=>) <https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety><[https://urldefense.proofpoint.com/v2/url?](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.apa.org_research_action_speaking-2Dof-2Dpsychology_coronavirus-2Danxiety&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=VfkzuwijPd9n1lvjtor4wBCyxmaUInnExEd8MojCmuc&e=>)

[u=https-3A__www.apa.org_research_action_speaking-2Dof-2Dpsychology_coronavirus-2Danxiety&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=VfkzuwijPd9n1lvjtor4wBCyxmaUInnExEd8MojCmuc&e=>](https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=VfkzuwijPd9n1lvjtor4wBCyxmaUInnExEd8MojCmuc&e=>)

Consortium for Science-based Information about Children, Youth and Families (CSICYF) www.infoaboutkids.org<[https://urldefense.proofpoint.com/v2/url?](https://urldefense.proofpoint.com/v2/url?u=http-3A__www.infoaboutkids.org_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=rYbSyUrHEL0_LUi203IQzzk6VxJLouHRdEXBRTsXo98&e=>)

[u=http-3A__www.infoaboutkids.org_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=rYbSyUrHEL0_LUi203IQzzk6VxJLouHRdEXBRTsXo98&e=>](http://www.infoaboutkids.org_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=rYbSyUrHEL0_LUi203IQzzk6VxJLouHRdEXBRTsXo98&e=>) (This is an

evidence-based web resource center developed by 7 APA divisions – 7, 15, 16, 37, 43, 53, 54.) <https://infoaboutkids.org/blog/parents-and-covid-19-helping-your-children/><[Child Trends <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic><\[Dr. Rosenthal \\(psychologist\\), New York City <https://manhattanpsychologygroup.com/4-key-ways-to-cope-with-the-social-impact-of-coronavirus/><\]\(https://urldefense.proofpoint.com/v2/url?u=https-3A__www.childtrends.org_publications_resources-2Dfor-2Dsupporting-2Dchildrens-2Demotional-2Dwell-2Dbeing-2Dduring-2Dthe-2Dcovid-2D19-2Dpandemic&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfsXU-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=-fcHw_OXsXLUv1QHKPLu_ylPP65jSIILwp_3ELGv0zw&e=></p></div><div data-bbox=\)](https://urldefense.proofpoint.com/v2/url?u=https-3A__infoaboutkids.org_blog_parents-2Dand-2Dcovid-2D19-2Dhelping-2Dyour-2Dchildren_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfsXU-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=NkqWfQX-3Bf7aZxxqydmgzkGiw8DRzBsglFSwkAM1JY&e=></p></div><div data-bbox=)

American Academy of Pediatrics <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx><[Center on the Developing Child <https://developingchild.harvard.edu/stress-resilience-and-the-role-of-science-responding-to-the-coronavirus-pandemic/><\[Positive Coaching Alliance, regarding youth athletes \\[https://positivecoach.org/ask-pca/dealing-with-disappointment-during-coronavirus-cancellations-postponements/?utm_source=pcaemail&utm_campaign=devzone&utm_content=button\\]\\(https://positivecoach.org/ask-pca/dealing-with-disappointment-during-coronavirus-cancellations-postponements/?utm_source=pcaemail&utm_campaign=devzone&utm_content=button\\)<\]\(https://urldefense.proofpoint.com/v2/url?u=https-3A__developingchild.harvard.edu_stress-2Dresilience-2Dand-2Dthe-2Drole-2Dof-2Dscience-2Dresponding-2Dto-2Dthe-2Dcoronavirus-2Dpandemic_&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=upA1R8OI0tGWySMgTr3iTEhMkQpcCggt63DUcbb2SW8&e=></p></div><div data-bbox=\)](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.healthychildren.org_english_health-2Dissues_conditions_chest-2Dlungs_Pages_2019-2DNovel-2DCoronavirus.aspx&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=hlyjHXU68acPi5YuiSpI2VK9sM47AzkNEytoP7fg2IY&e=></p></div><div data-bbox=)

[ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=uK-H3NVT8vl9ot5Lr0XPeyGECBETKyHxR1mLLh0Kduw&e=>](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)

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)<https://urldefense.proofpoint.com/v2/url?u=https-3A__www.nasponline.org_resources-2Dand-2Dpublications_resources-2Dand-2Dpodcasts_school-2Dclimate-2Dsafety-2Dand-2Dcrisis_health-2Dcrisis-2Dresources_talking-2Dto-2Dchildren-2Dabout-2Dcovid-2D19-2D-28coronavirus-29-2Da-2Dparent-2Dresource&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-

[ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=HrWkXbFTbJo5AkHipOo-HGxyxXsZ5Tgf_8y2nSQcx0U&e=>](https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019)

National Traumatic Stress Network <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019><https://urldefense.proofpoint.com/v2/url?u=https-3A__www.nctsn.org_resources_parent-2Dcaregiver-2Dguide-2Dto-2Dhelping-2Dfamilies-2Dcope-2Dwith-2Dthe-2Dcoronavirus-2Ddisease-2D2019&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-

[ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=kUAZNPzQgBsXg1H8IF7QEm5LEaTy_ZGRjuUPLh2T7u8&e=>](https://www.nctsn.org/resources/simple-activities-children-and-adolescents) [https://](https://www.nctsn.org/resources/simple-activities-children-and-adolescents)

www.nctsn.org/resources/simple-activities-children-and-adolescents<https://urldefense.proofpoint.com/v2/url?u=https-3A__www.nctsn.org_resources_simple-2Dactivities-2Dchildren-2Dand-2Dadolescents&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-

[u=https-3A__www.nctsn.org_resources_simple-2Dactivities-2Dchildren-2Dand-2Dadolescents&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-](https://www.nctsn.org/resources/simple-activities-children-and-adolescents)

[Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=UxkhzPm_n8zSnuVFYRCR8iJam7jhYaXVdSAXc98smjM&e=>](http://www.vitaltalk.org/guides/covid-19-communication-skills)

Early Learning Nation: <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: <https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty><\[COVID-Ready Communication Skills<\]\(https://urldefense.proofpoint.com/v2/url?url=https-3A__www.gse.harvard.edu_news_uk_20_03_helping-2Dchildren-2Dcope-2Dcoronavirus-2Dand-2Duncertainty&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=13Z1pyi78pY8XuVwjfnFepD-H4sqmxfFmfJoVploq7o&e=></p></div><div data-bbox=\)](https://urldefense.proofpoint.com/v2/url?url=http-3A__earlylearningnation.com_2020_03_a-2Dparents-2Dguide-2Dto-2Dsurviving-2Dcovid-2D19-2D8-2Dstrategies-2Dto-2Dkeep-2Dchildren-2Dhealthy-2Dand-2Dhappy__&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=mxelo3GmMphEQtprgTkSDz3X7Qa15nrkJM1qePLhqqQ&e=></p></div><div data-bbox=)

University of Washington, “practical advice on how to talk about some difficult topics related to COVID-19. Building on our experience studying and teaching communication for 2 decades, we’ve drawn on our networks to crowdsource the challenges and match them with advice from some of the best clinicians we know. If you know our work, you’ll recognize some familiar themes and also find new material. It’s incomplete and imperfect. But it’s a start.”

APA resources for students, faculty, psychologists, supervisors, trainees and high school teachers of psychology <https://urldefense.proofpoint.com/v2/url?url=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_APA-2Dresources-2Dfor-2Dstudents.docx&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=QTMwJ_Y3frNQWR2iKNU5rgQ1szk6tcsRMFURWrp_9rM&e=>

– A robust set of resources published by the American Psychological Association. This document contains links to other relevant resources.

COVID-19 and aging, from the APA Committee on Aging <https://urldefense.proofpoint.com/v2/url?url=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_APA-2DCommittee-2Don-2DAging-2DKey-2DPoints-2Don-2DCOVID-2D19.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=PZLw3u0U40yvgOWm_6FBGrQRcBoNdXy2Hntl3Sr2tNY&e=>

– Older adults vary in their needs, their risks, and their ability to engage in active coping during the crisis. As such, responses to the COVID-19 outbreak should not solely depend on chronological age as criterion in policies, medical decisions, or allocation of resources.

Treating age 60 or 65 and above as a cutoff for discussions of risk for hospitalization or mortality related to COVID-19 obscures tremendous differences across subgroups of older adults. And efforts to assist in coping with the disease need to account for these varying circumstances.

Psychological Effects of Quarantine During the Coronavirus Outbreak: What Healthcare Providers Need to Know<https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_Psychological-2DEffects-2Dof-2DQuarantine-2DDuring-2Dthe-2DCoronavirus-2DOutbreakWhat-2DHealthcare-2DProviders-2DNeed-2Dto-2DKnow.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=FgdwIhpn1h7N4nJxvqHg1HrQLvZT_Z967XzOI7w7U8g&e=>> – From the Center for the Study of Traumatic Stress, a review of the psychological effects of quarantine, as well as strategies for how healthcare providers can care for their patients’ and their own mental well-being during periods of quarantine.

Confidentially Speaking: Staying Calm & Reducing Fear During the Pandemic<https://urldefense.proofpoint.com/v2/url?u=http-3A__wellness.cooperhealth.org_wp-2Dcontent_uploads_2020_03_Confidentially-2DSpeaking-2DCOVID-2D19-5F1.docx&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=C-6maKaDRPCbAVj007M_kWjxmGHm0RJiNmuMSq5vYRo&e=>> – From the Cooper Employee Assistance Program, 9 tips on how to manage stress during the current pandemic.

Speaking of Psychology: Coronavirus Anxiety<https://urldefense.proofpoint.com/v2/url?u=https-3A__hrcc.cas.msu.edu_news_2020-2D2-2D15-2Dcoronavirus-2Danxiety.html&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=aEciIRGZmBq1Dv54K8SunIDu6FMZV_qYGkoH5ZkYwKo&e=>> – A podcast from the American Psychological Association that explores the connections between psychological science and everyday life, this week discussing the fear about the coronavirus that has gripped the world.

Technical Note: Protection of Children during the Coronavirus Pandemic<https://urldefense.proofpoint.com/v2/url?u=https-3A__ahcpsychologists.org_wp-2Dcontent_uploads_2020_03_2020-2DAlliance-2Dfor-2DChild-2DProtection-2Din-2DHumanitarian-2DAction-2DProtection-2Dof-2DChildren-2DDuring-2Dthe-2DCoronavirus-2DPandemic.pdf&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=z5Og1fgD5lPI-2GSIxUAM0kSnzo2-cdlW9qEqz8wCyI&e=>> – Infectious diseases like COVID-19 can disrupt the environments in which children grow and develop. Disruptions to families, friendships, daily routines and the wider community can have negative consequences for children’s well-being, development and protection. In addition, measures used to prevent and control the spread of COVID-19 can expose children to protection risks. Home-based, facility-based and zonal-based quarantine and isolation measures can all negatively impact children and their families. From The Alliance for Child Protection in Humanitarian Action, this brief is to support child protection practitioners to better respond to the child protection risks during a COVID-19 pandemic. Part 1 presents the potential child protection risks COVID-19 can pose to children.

Resources for Children/Teens

Video Gaming (for teens) related to spreading outbreaks <https://www.ndemiccreations.com/en/22-plague-inc><[PBS <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus><\[Free Subscriptions for Children: \\[https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR1rJJfeWcU-eD8B1Ak97E8g_w9UThq54lo-6kPKQsq_ltODtc1zXhN-HKU\\]\\(https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR1rJJfeWcU-eD8B1Ak97E8g_w9UThq54lo-6kPKQsq_ltODtc1zXhN-HKU\\)<\]\(https://urldefense.proofpoint.com/v2/url?u=https-3A__www.pbs.org_parents_thrive_how-2Dto-2Dtalk-2Dto-2Dyour-2Dkids-2Dabout-2Dcoronavirus&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=obBrM-tJSyGyAfNqAtqPXt3osZdw0h-xEShbw8qAVes&e=></p></div><div data-bbox=\)](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.ndemiccreations.com_en_22-2Dplague-2Dinc&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=Zgb74l3ufvj-Ig_CSA7p-tX9_KLhZiwF9BBcBjuVj84&e=></p></div><div data-bbox=)

[AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=ZNFHXo-XncoRNF45_70qZTk4rSaJl8JqAe-ZGvQvkNI&e=>](https://www.facebook.com/TheScienceMom/posts/2555301844707352?hc_location=ufi)

Science: [https://www.facebook.com/TheScienceMom/posts/2555301844707352?](https://www.facebook.com/TheScienceMom/posts/2555301844707352?hc_location=ufi)
https://urldefense.proofpoint.com/v2/url?u=https-3A__urldefense.com_v3_-5F-5Fhttps-3A_www.facebook.com_TheScienceMom_posts_2555301844707352-3Fhc-5Flocation-3Dufi-5F-5F-3B-21-21ODYTt7Uqo6LDP14-212pr7NmyF5IYQALXILK5xSovKesbPoeOmZntzLbP85Fru80wfIPOu95pRmRAGS3WyHypr9jk95U-24&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=pRN6V4CRtVVvzHdJ6of_Hg6sfFTgw4kLbkB57arXEsQ&e=>

Math: [https://www.weareteachers.com/best-math-websites/?](https://www.weareteachers.com/best-math-websites/?fbclid=IwAR31ycYhzbbVpQhalduTteXUFFta43Iqropiq-5Z82jofVpr8k-dkyYj6SY#.XnAV7rkdwWw.facebook)
https://urldefense.proofpoint.com/v2/url?u=https-3A__www.weareteachers.com_best-2Dmath-2Dwebsites_-3Ffbclid-3DIwAR31ycYhzbbVpQhalduTteXUFFta43Iqropiq-2D5Z82jofVpr8k-2DdkyYj6SY-23.XnAV7rkdwWw.facebook&d=DwMFaQ&c=27AKQ-AFTMvLXtgZ7shZqsfSXu-Fwzpqk4BoASshREk&r=y-ynBxmzKunju2fW2Gkfgw&m=21K4DdqNcSpPqT1L67iu_8maI2R_8G0nYXyYrZVQKL8&s=672eYp_2NyXWLjIRWU9-HfkW-P6QnnF3ALrz7y_QqUc&e=>

Educational shows

· Netflix: Brainchild, The Who Was? Show, Julie's Greenroom (about the arts), Ask the StoryBots, The Magic School Bus

- Disney +: Brain Games, National Geographic
- PBS: Wild Kratts, Xavier Riddle, Reading Rainbow, Between the Lions, Peg + Cat
- Amazon Prime: Horrible Histories (for slightly older kids in late elementary, middle school)
- Educational apps: from Originator Kids: Endless Alphabet, Endless Reader and Endless Numbers; Raz-Kids and Kiddopia.