

Resources for Parents to Support their Children during COVID-19

Children and Young People’s Social, Emotional, and Mental Health - with resources by age groups

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

Supporting Families during COVID-19 extensive links

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

How to support kids’ mental health during the COVID-19 pandemic

<https://www.thechildren.com/health-info/conditions-and-illnesses/how-support-kids-mental-health-during-covid-19-pandemic>

9 Ways to Help Your Child’s Mental Health During COVID-19

<https://www.genomind.com/blog/mental-health-during-covid-kids-teens>

Mental Health During COVID-19: Signs Your Child May Need More Support

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>

Childhood Grief: When to Seek Additional Help

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Grieving-Whats-Normal-When-to-Worry.aspx>

Parenting in a Pandemic: Tips to Keep the Calm at Home

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Parenting-in-a-Pandemic.aspx>

Mood-Boosting Tips for Families During the COVID-19 Pandemic

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Mood-Boosting-Tips-for-Families-COVID-19.aspx>

How to Help Children Build Resilience in Uncertain Times

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Building-Resilience-in-Uncertain-Times.aspx>

Teens & COVID-19: Challenges and Opportunities During the Outbreak

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Teens-and-COVID-19.aspx>

For Younger Children

- Zero to Three created [a list of resources and tips](#) for families with young children.
- PBS has [a list of videos](#) from Sesame Street, Curious George and other shows that talk about hand washing and staying healthy.
- NPR created [a comic](#) to explain coronavirus to kids, along with concepts like hand washing, sneezing into your elbow and avoiding touching your face.

For Older Children and Teens

- The American Academy of Pediatrics released [recommendations regarding supporting teens through COVID-19](#).
- The Anxiety and Depression Association of America wrote [an article](#) about how to talk to your anxious child or teenager about coronavirus.
- The New York Times wrote [an article](#) about five ways to help teens manage anxiety about coronavirus.
- UNICEF wrote [an article](#) directed at teens with strategies for how they can protect their mental health.

For Parents and Caregivers

- The CDC has [recommendations for parents](#) about how to manage stress and support children during this time.
- The National Child Traumatic Stress Network released [a parent/caregiver guide](#) to helping families cope with coronavirus, which includes common reactions as well as how to help kids based on age group.
- The National Association of School Psychologists released [recommendations for helping children cope with changes](#) resulting from COVID-19, including being out of school.
- The American Academy of Pediatrics released [tips about positive parenting](#) and keeping calm at home during COVID-19.
- Child Mind Institute wrote an article about [how to avoid passing anxiety on to your kids](#) and ways parents can model managing their own anxiety.
- PBS wrote an article about [parenting during coronavirus](#).