

Information for Helping Children and Families Cope with the Stress of COVID-19

All About the Coronavirus and Managing Stress and Anxiety

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

Stress & Challenging Behavior

<https://challengingbehavior.cbcs.usf.edu/emergency/index.html>

Fighting the Coronavirus with Social Media

<https://chssp.ucdavis.edu/blog/CHSSPLive>

Helping Children Cope with Stress During the COVID-19 Outbreak

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Helping Homebound Children During the COVID-19 Outbreak

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf

Keep Calm and Parent On

<https://chssp.ucdavis.edu/blog/parents>

Mental Health Support for COVID-19 from the National Alliance on Mental Illness

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/HelpLine-Coronavirus-Planning.pdf?lang=en-US>

Talking to Children 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

That Discomfort You're Feeling is Grief

https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?utm_medium=email&utm_source=newsletter_daily&utm_campaign=dailyalert_not_active&referral=00563&deliveryName=DM73690

Tips for Families on Coronavirus from Zero to Three

<https://www.zerotothree.org>

Ideas, Resources & Activities for Families During School Closures

Bilingual site for educators and families of English language learners

<https://www.colorincolorado.org>

Funology provides resources to educate and entertain young children.

<https://www.funology.com/>

Hello Wonderful provides an array of activities for children
https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/?fbclid=IwAR2uA30_MKWHC-emWIPmzoRv1BtEbG-Lg97KRjmcR5efMYL05lwnvpEOSVs

KiwiCo provides resources, activities, and ideas for parents to help support learning at home
<https://www.kiwico.com/kids-at-home>

Nomstefchef provides recipes that encourage culinary skills, literacy, math, and science
<https://www.nomstefchef.com/nomster-recipe-library>

School Closures ultimate guide to working with children remotely
<https://schoolclosures.org/enrichment>

Sesame Street – Toolkits on various topics
<https://www.sesamestreet.org/toolkits>

Workouts for Kids
<https://app.sworkit.com/collections/kids-workouts/strength-for-kids/end-workout/0/0>

Information on Talking with Children About COVID-19

Childmind Institute: Talking to Kids About the Coronavirus
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Four Principles of Hand Awareness (Handwashing and Germs)
<https://earlyedgecalifornia.org/wp-content/uploads/2020/03/Henry4PrinciplesColor.pdf>

Henry the Hand's Hand Washing Guide
<https://earlyedgecalifornia.org/wp-content/uploads/2020/03/HandWashcolor.pdf>

Mindheart My Name is Coronavirus
<https://earlyedgecalifornia.org/wp-content/uploads/2020/03/Mindheart-My-Name-is-Coronavirus.pdf>

PBS: How to Talk to Your Kids About Coronavirus
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Information for Families on Children's Early Development

All About Young Children

<https://allaboutyoungchildren.org>

ASQ Activities – Activities to Help Your Child Learn & Grow

English <http://archive.brookespublishing.com/documents/asq-activities.pdf>

Spanish <http://archive.brookespublishing.com/documents/asq-activities-spanish.pdf>

First 5 California

<http://www.first5california.com/videos-downloads.aspx?id=29>