

HELPING YOUR FAMILY COPE WITH COVID-19

A Resource List for Children and Parents/Caregivers

As changes in our world have become more extensive and prolonged, children and teenagers are increasingly aware of the coronavirus – and many families are trying to figure out how to adjust to a new way of living.

To help, Connecticut Children’s Division of Pediatric Psychology has compiled this list of media resources for parents and caregivers. It includes advice for talking with children about COVID-19, building resilience in children and much more.

You can find additional resources for families at connecticutchildrens.org/coronavirus.

For more specific questions, please feel free to email smulchan@connecticutchildrens.org and tlavigne@connecticutchildrens.org.

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HOW TO TALK TO YOUR KIDS ABOUT COVID-19

- **8 Tips for Talking to Kids About Coronavirus**
connecticutchildrens.org/coronavirus/tips-for-talking-to-kids-about-coronavirus
- **Answering Your Child's Coronavirus Questions**
connecticutchildrens.org/coronavirus/answering-your-childs-coronavirus-questions
- **Our own Physician-in-Chief Juan Salazar, MD, joins Senator Chris Murphy to discuss how coronavirus affects children.**
facebook.com/147508905281157/posts/3136974523001232
- **PBS Kids: Talking to Kids About Coronavirus and Calming Stress**
pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus
- **National Child Traumatic Stress Network**
nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019 and nctsn.org/resources/informacion-en-espanol
- **4 Ways to Help Your Anxious Kid**
nytimes.com/2020/04/01/parenting/coronavirus-help-anxious-kid.html
- **Kid-friendly comics about COVID-19:**
publichealth.arizona.edu/sites/publichealth.arizona.edu/files/Corona%20Virus%20Comic%20Book.jpg
npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus
- **Podcast for kids about the science behind coronavirus.**
sciencepodcastforkids.com/single-post/2020/03/13/Answering-Kids-Coronavirus-Questions
- **Centers for Disease Control**
cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html
- **National Association of School Psychologists**
nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19
- **Harvard Graduate School of Education - Helping Children Cope with Coronavirus and Uncertainty**
gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty
- **St. Jude's – How to Talk to Your Child About Coronavirus and COVID-19**
together.stjude.org/en-us/care-support/talking-about-coronavirus-covid-19
- **Supporting Teenagers and Young Adults**
Child Mind Institute: childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis
Harvard Medical School: health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192

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HOW TO ADDRESS PARENT/CAREGIVER NEEDS

Our own Emily Wakefield, PsyD, Pediatric Psychologist in the Division of Pain and Palliative Medicine, wrote an article in a recent CCSG News & Updates letter that helps summarize the need to care for ourselves as we continue to care for both our patients and families as well:

In uncertain times, it often feels like we are walking on shaky ground that continually shifts underneath us and, in order to stay on top of things, we feel like we need to keep moving quickly to avoid the pitfalls and get ourselves on more solid land. This task is easier to do when the situation is temporary. When the situation is chronic, we become more easily fatigued both physically and emotionally. The COVID-19 pandemic has put us in a more chronic state of personal, professional and societal fluctuations, which have created considerable stressors. Individuals in helping fields become even more vulnerable in these situations because we tend to prioritize being a source of strength and support for others. The cycle of putting our needs last, masking our own vulnerabilities and trying to adjust to a consistently changing landscape can wear us down. So how do we manage and support our emotional wellness during this challenging time?

Read the full article here:

connecticutchildrensmedicalcenter.us.newsweaver.com/ccsgnewsletter/feagvachdovx8tnikb6a3q

- **Managing Family Stress During COVID-19**
connecticutchildrens.org/coronavirus/managing-family-stress-during-covid-19
- **6 Strategies for Parents to Keep Calm and Carry On During COVID-19**
connecticutchildrens.org/coronavirus/strategies-for-parents-to-keep-calm-and-carry-on-during-covid-19
- **Self-Care in the Time of Coronavirus**
childmind.org/article/self-care-in-the-time-of-coronavirus
- **In the Midst of Rapid Fire Change & Practicing Social-Distancing: Resilience, Coping, and Parenting Strategies for Everyone** 90-minute webinar from a panel of adult and child psychology experts
myocdcare.com/coping
- **How to cope when the world is canceled?** A video for adults of all kinds, including parents, about how to cope when many of your typical go to activities are no longer an option
youtube.com/watch?v=mwrMtJ3DYXg
- **NCTSN Resource**
nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019

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THINGS TO WATCH OUT FOR AND BUILDING RESILIENCE IN YOUR KIDS

During this time of uncertainty, disruption, separation from friends and extended family, and constant news stories about illness and death, many people have experienced increased anxiety. Below, you can find a number of resources to help manage children's fears and anxieties relating to COVID-19. As a first step, it may be helpful to recognize some common anxiety signs or symptoms that children may exhibit:

- Reassurance-seeking (“Are we going to be okay?” “Is grandpa going to be okay?”)
- Reluctance to separate from parents
- Physical symptoms like headaches or stomach aches
- Moodiness and irritability
- Tantrums or meltdowns
- Trouble sleeping

Resources

- **How Is Your Child Coping With COVID-19? Here's What to Look For**
connecticutchildrens.org/coronavirus/how-is-your-child-coping-with-covid-19-heres-what-to-look-for
- **When Your Child Is Anxious, Try a Coping Toolbox! Here's How to Make One**
connecticutchildrens.org/coronavirus/when-your-child-is-anxious-try-a-coping-toolbox-heres-how-to-make-one
- **3 Bedtime Challenges Your Kids Might Be Having Now – and How to Solve Them**
connecticutchildrens.org/coronavirus/3-bedtime-challenges-your-kids-might-be-having-now-and-how-to-solve-them
- **Resilience Is Strength: Kids Can Bounce Back From Anything With the Right Support**
connecticutchildrens.org/coronavirus/resilience-is-strength-kids-can-bounce-back-from-anything-with-the-right-support
- **Resilience Is Self-Care: Kids Can Learn How to Manage Stress**
connecticutchildrens.org/coronavirus/resilience-is-self-care-kids-can-learn-how-to-manage-stress
- **Resilience Is Connection: Strong Relationships Create Strong Kids**
connecticutchildrens.org/coronavirus/resilience-is-connection-strong-relationships-create-strong-kids
- **Resilience Is Independence: Kids Who Think “I Can Do This” Turn Challenges Into Growth**
connecticutchildrens.org/coronavirus/resilience-is-independence-kids-who-think-i-can-do-this-turn-challenges-into-growth

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- **Anxiety and Coping with the Coronavirus**
childmind.org/article/anxiety-and-coping-with-coronavirus
- **Be Aware of Anxiety Signs: A YouTube video by a clinical psychologist at the Child Mind Institute**
<https://youtu.be/ubDvUAFD6ps>
- **Parents and COVID-19: Helping Your Children**
infoaboutkids.org/blog/parents-and-covid-19-helping-your-children
- **Anxiety and Depression Association of America**
adaa.org/learn-from-us/fromthe-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about
- **BabySleep's Sleep Resources for Babies, Toddlers, and Parents**
babysleep.com/advice/coronavirus
- **Zero to Three's Tips for Families with Babies and Toddlers**
zerotothree.org/resources/3210-tips-for-families-coronavirus
- **Supporting Kids During the Coronavirus**
childmind.org/article/supporting-kids-during-the-covid-19-crisis
- **Dealing with Disappointment During the Coronavirus**
positivecoach.org/ask-pca/dealing-with-disappointment-during-coronavirus-cancellations-postponements
- **Resilience Reminders**
pelhamtogether.org/other-resources/2020/3/18/helpful-tips-for-mental-wellness-from-authentic-connections
- **Ways to Promote Children's Resilience to the COVID-19 Pandemic**
childtrends.org/publications/ways-to-promote-childrens-resilience-to-the-covid-19-pandemic
- **Building Resilience in the Era of COVID-19**
psychologytoday.com/us/blog/hope-resilience/202003/building-resilience-in-the-era-covid-19

References

In addition to the general resources compiled by the Division of Pediatric Psychology, we wanted to highlight two excellent references we used to help gather these materials:

- McCabe, M. A. (2020). Resources for Coping with COVID-19 and Staying Home. George Washington University School of Medicine.
- Division of Developmental and Behavioral Health, Children's Mercy Kansas City. (2020). Social Distancing With a Plan: Family Toolkit.

APPENDIX A: RESOURCES FOR CHILDREN WITH SPECIAL NEEDS

Autism spectrum disorder

- **Supporting Individuals with Autism through Uncertain Times**
afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times
- **Autism Resources, news, what to know about COVID-19 outbreak** (*Autism Speaks*)
autismspeaks.org/covid-19-information-and-resources
- **Parenting Tips, Family Information on coping during a crisis and support for those with Autism** (*Thompson Center for Autism*)
thompsoncenter.missouri.edu/covid19
- **Guide for supporting behavior, routines, school, and many other topics** (*ECHO Autism*)
echoautism.org/parent-resources-during-covid-19
- **Exercise as a strategy to increase attention, improve self-control, decrease impulsive behavior**
autismspeaks.org/expert-opinion/can-exercise-improve-behavior-help-encouraging-child-who-has-autism

Individuals with Disabilities and Special Education

- **Plain language information about COVID-19 for individuals with disabilities**
selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf
- **Special Education Rights Q&A (Department of Education)**
ed.gov/policy/speced/guid/idea/memosdcltrs/qa-covid-19-03-12-2020.pdf
- **National Center for Special Education in Charter Schools resources for home education**
ncsecs.org/news/resources-for-educating-students-with-disabilities-during-the-coronavirus-crisis

APPENDIX B: ACTIVITY IDEAS AND EDUCATIONAL RESOURCES

- **National Child Traumatic Stress Network, Simple Activities**
nctsn.org/resources/simple-activities-children-and-adolescents

Infant and Toddler Development

- **BabySparks app (birth to 2 years)**
babysparks.com
Some free content is available and is designed to help parents and caregivers track their child's progress. Uses video instruction for caregivers to teach developmental skills. Available in Spanish (Español).
- **Vroom app (birth to 5 years)**
vroom.org
Free tips and tools to support brain development in infants and toddlers. Easy to use on any device and includes practice activities, videos, and other resources. Available in Spanish (Español).
- **Circle Time Fun (birth to 6 years)**
circuitimefun.com
Fun online classes for children 0-6 and their caregivers.
- **Zero to Three**
zerotothree.org
Resources for parents and caregivers about early developmental milestones and activities to support development.

Preschool and School Age

- **General Home Learning (click login, then "free trial")**
2simple.com/blog/using-purple-mash-when-school-closed
- **Breakout Edu**
breakoutedu.com/funathome
Offers digital games covering a range of educational topics.
- **CK-12 Foundation**
ck12.org/student
Has math, science, social studies, and photography activities. Mainly for middle and high school students but some content for younger students.
- **EdX**
edx.org
Middle and high school classes. Over 2500+ online courses, structured like college online classes. Free as long as you don't want a certificate.
- **Freckle**
freckle.com
General curriculum resources but adjusts to child's individual instructional needs.

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- **Great! Schools**
greatschools.org/gk/coronavirus-school-closure-support
Lesson plans, worksheets, articles, book lists, and ideas to help families.
- **Hippocampus**
hippocampus.org
7,000 free videos in 13 subject areas. Subjects: Math, Natural Science, Social Studies, Humanities and each subject has multiple topics.
- **I-Ready**
curriculumassociates.com/supporting-students-away-from-school
Printable math or reading activity packets for grades K-8. Spanish language materials also available (Español).
- **Izzit**
izzit.org
Many educational videos across a variety of topics.
- **Khan Academy**
khanacademy.org
Helps teach children from kindergarten to college prep. You have to login to create an account and then add each child of yours. They are putting even more things together right now with school out. There is an app in addition to the website.
- **Outschool**
outschool.com
Live online classes for ages 3 to 18.
- **PBS Learning Media**
pbslearningmedia.org
Learning activities for preschoolers through high school students.
- **Scholastic**
classroommagazines.scholastic.com/support/learnathome.html
Day by day projects to keep kids reading, thinking, and growing. Daily Lessons with 4 different learning experiences.
- **Starfall**
starfall.com
Some free online content for children in preschool through 3rd grade. Free printable worksheets for English Language Arts and Math.
- **Tiny Cards**
tinycards.duolingo.com
Free flash cards on many topics to help students with memorization. Available in Spanish (Español).

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Reading Instruction

- **ABC Mouse/Adventure Academy**
ageoflearning.com/schools
Comprehensive, research validated reading curriculum for children in preschool through 2nd grade. You need to ask your child's school administrator or teacher to complete the online access form.
- **Audible app**
audible.com
eBooks for all ages. Now offering free content for children for rest of school year. Join for free or sign up through existing Amazon account. Available in Spanish (Español).
- **Common Lit**
commonlit.org
*Comprehensive literacy program focused on reading writing and communication skills across all grade levels. To request a parent/guardian account, click on the sign-up button on the upper right corner of the screen. After clicking on the Parent/Guardian button, you will see instructions for requesting access. **Note:** You will need to submit a photo of yourself with a valid ID.*
- **Spark by Epic!**
getepic.com/learn/freeremotestudentaccess
You can check with your school and see if they have a membership in order to access site Epic! Digital library for children aged 12 and under. You can sign up for a 30-day free trial or request access from child's teacher/school. Great for helping slower readers keep up with age-typical and preferred reading.
- **Dyslexia Academy**
dyslexia-academy.learnworlds.com
They are offering a free one-month Gold membership to families. This includes online tutoring, as well as educational resources.
- **Raz-Kids**
raz-kids.com
More than 400 eBooks for interactive reading practice. Links to Headsprout, an online reading program that adjusts to your child's reading level. Free for rest of school year.
- **Teach your Monster to Read**
teachyourmonstertoread.com
A phonics-based reading program for young children.

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Math Instruction

- **Checkmath**
checkmath.eu
Using your smartphone, you can check solutions to step-by-step handwritten math problems. This works best when handwriting is neat and only the math problems (not the words) are shown.
- **MathWerkz** (Werkz Publishing app)
werkzpublishing.com/sciencewerkz/mathwerkz-10-for-free
Get 10 free elementary school level math booklets for digital use through smartphone or tablet device. Go to website and follow instructions for signing up and downloading material.
- **Monster Math and Math Balance apps**
Fun games for children that teach basic math skills and mental math.
- **Prodigy Math**
prodigygame.com
Free math learning tool for grades 1-8. Works like a video game in which your child solves math problems to move game character through challenges. Adjusts to child's learning level automatically. Sends updates to parents/caregivers so you can track your child's progress.
- **Splash Learn**
splashlearn.com
Math games for kids. Available on app or computer.
- **Zearn**
about.zearn.org/distance-learning
Comprehensive, research-based digital math instruction. Instructions for parents and caregivers also available in Spanish (Español).

Science Instruction

- **Bill Nye the Science Guy**
billnye.com/the-science-guy
- **Labsland**
labsland.com
For middle and high school students. Access to real laboratories for experimenting and learning. May need school approval and access – check with your child's teacher or administrator.
- **Mystery Science**
mysteryscience.com/school-closure-planning
Free science mini-lessons for grades K through 5.
- **ScienceWerkz** (Werkz Publishing app)
werkzpublishing.com/sciencewerkz/nsta-5-for-free
Get 5 free science books through your smartphone or tablet device. Go to website and follow instructions for signing up and downloading material.

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Other Activities and Educational Resources

- **5 Ways to Keep Your Child Engaged in At-Home Learning**
connecticutchildrens.org/coronavirus/ways-to-keep-your-child-engaged-in-at-home-learning
- **How to Maintain Structure During School Closures**
connecticutchildrens.org/coronavirus/how-to-maintain-structure-during-school-closures
- **Conjugemos**
conjugemos.com
Learn a new language. Log in as a student and get started. Available in Spanish (Español).
- **Duolingo app**
duolingo.com/learn
Free language learning. Can use on computer or download app. Available in Spanish (Español).
- **Get kids moving!** (movement, yoga, and mindfulness activities for children)
Connecticut Children's: connecticutchildrens.org/yoga
Cosmic Kids Yoga: youtube.com/user/CosmicKidsYoga
Go Noodle: gonoodle.com
- **Let's Doodle with Mo Willems**
<https://youtu.be/MjaYnyCJDdU>
- **Line Puzzle app** (string art)
Kids can connect and weave virtual lines to make or copy shapes.
- **Sight Reading Suite**
sightreadingfactory.com
Learn to sight read music and sight sing.
- **Typing Club**
typingclub.com
Program identifies child's baseline skills through initial testing then provides instruction to improve typing skills.

Virtual Field Trips and Museum Tours

Field trips

- discoveryeducation.com/community/virtual-field-trips
- litlifepd.com/2017/08/04/10-online-field-trips-take-class
- waterford.org/resources/3-great-virtual-field-trips-for-early-learners
- airpano.com/360photo/Everest-Nepal
- naturalhistory.si.edu/visit/virtual-tour
- travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours
- techcrunch.com/2016/08/25/google-now-lets-you-explore-u-s-national-parks-via-360-degree-virtual-tours
- cincinnatizoo.org/home-safari-resources

Museums

- artsandculture.google.com
- artsandculture.google.com/project/heritage-on-the-edge
- <https://youtu.be/49YeFsx1rlw>
- static.museothyssen.org/microsites/exposiciones/2020/Rembrandt/index.htm
- castellodirivoli.org/en/mostra/digital-cosmos

To find coronavirus resources for families created by our pediatric experts, visit connecticutchildrens.org/coronavirus.