

PARENT AND GUARDIAN RESOURCES

CHILDRENS' STORIES:

The following provides an **illustrated short story** for young children regarding the **coronavirus** and is in **several languages**: <https://www.mindheart.co/descargables>

The following provides an **illustrated story** called “Just for Kids: A Comic Exploring the New Coronavirus” **and** an additional **3-minute** (*with a brief ad*) **audio commentary** from a professional for parents on helping their child through the coronavirus worries: from the National Public Radio website: <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

“30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere”

https://www.amazon.com/Breathe-Like-Bear-Mindful-Anywhere/dp/1623368839/ref=sr_1_1?crid=1FRGF1VWK4CMP&keywords=breathe+like+a+bear&qid=1584642237&srefix=breathe+like+a+%2Caps%2C204&sr=8-1

“What to Do When I Worry Too Much” A kids guide to overcoming anxiety by Dawn Huebner

https://www.amazon.com/What-When-Worry-Much-What/dp/1591473144/ref=redir_mobile_desktop?ie=UTF8&aaxitk=ZldqGAPGoanKyEaD.13PRg&hsa_cr_id=3006716170101&ref=ss_sparkle

Why Can't I Go to School?: A Printable Story (18 Multiple Languages). (2020) Conscious Discipline.

<https://consciousdiscipline.com/resources/why-cant-i-go-to-school-printable-story/>

Masks and Gloves: A Printable Story. (2020) Conscious Discipline.

<https://consciousdiscipline.com/resources/masks-and-gloves-printable-story/>

School Closures (Social Story) 2020.

<https://www.n2y.com/wp-content/uploads/school-closures-positivity-social-narrative.pdf>

PARENT INFORMATION & HEALTH

The National Parent Helpline® is here for you and is open to parents and caregivers of children and youth of all ages. <https://www.nationalparenthelpline.org/what-we-do>

1-855-4APARENT (1-855-427-2736) Monday through Friday 10:00 a.m.-7:00 pm PST

A trained National Parent Helpline® Advocate is ready to: 1) **listen** to you 2) offer emotional support 3) help you **problem-solve** 4) support you in **creating your own solutions** 5) **encourage** you to take care of yourself 5) work with you to *get connected to local services* 6) **explore new resources** for your family and 7) help you **build on your own strengths** & continue to be a great parent!

Devereux Advanced Behavioral Health videos on **social-emotional well-being, coping and resilience during Covid19** <https://centerforresilientchildren.org/>

Informational and questions and answer posts that allows parents to ask questions about anxiety, isolation, talking with the family, income, and more during the coronavirus pandemic if desired is <https://virusanxiety.com> while a very brief response as to a good way to specifically **help children reframe their thoughts and anxiety** on this website can be found at:

<https://www.virusanxiety.com/post/how-do-i-manage-my-extreme-anxiety-about-this-virus-while-taking-care-of-my-family>

A **1 minute and 36 second** YouTube video with a Marriage and Family Therapist from UC San Diego Health on **calming breathing/relaxation exercise** can be found at:

<https://www.youtube.com/watch?v=mAdwqHl7sac>

A **1-minute Video** “5 Tips to Protect your Mental Health” on **managing anxiety** during Covid-19.” From UC San Diego Health. <https://www.youtube.com/watch?v=2l943-gP904>

From Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital **brief article** for parents on using the time home with the kids as an opportunity or gift and ideas for parents, families and kids. <https://www.bensonhenryinstitute.org/home-with-the-kids-during-coronavirus-an-opportunity/>

Ehmke, Rachel. (2020). **Talking to Kids About Coronavirus: Kids Worry More When They're Left in the Dark.** Child Mind Institute. (English & Spanish) <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Jacobson, Rae. (2020) **Supporting Kids During Coronavirus Crisis: Tips for Nurturing and Protecting Children at Home.** Child Mind Institute. (English & Spanish) <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

Input from Robin Gurwitch, Ph.D. psychologist and professor at Duke University, and David Schonfeld, developmental behavioral pediatrician and member of the American Academy of Pediatrics Council on Disaster Preparedness

Willingham, A.J. (2020, March 20). **A Guide to Keeping your Child Safe and Reassured as Coronavirus spreads.** CNN Health. <https://www.cnn.com/2020/03/05/health/coronavirus-how-to-talk-to-children-trnd/index.html>

Helping your Child Cope in a Crises. (2020) Video. The Parent Academy. Miami-Dade County Public Schools. School Psychologist Video.

https://zoom.us/rec/play/uZFLcLihRG03GtLE4wSDBKV6W9W6K6qsgHIZqfpYxUm2BXhXYVL3b7ZDNuaSNAnbWQZATTjG9w5xT02Z?startTime=1586705862000&xzm_rtaid=F7ZnT7YoRxiI4ZfxfQr3Q.1586886181361.f2f003a5d1aa10df9cd90d4e9bbf7b35&xzm_rhtaid=951

CYBERSPACE, MEDIA PRIVACY & SAFETY

This website provides parent advice and age appropriate media information on games, movies, social media, videos, devices, internet and general technology related guidance that can be useful at any

time. It may be even more important to understand how to **keep children safe** during this time of increased **media and technology** device use. This organization is included in the list of useful websites by the California State Department of Education. <https://www.commonensemedia.org/>

Create your **Family Media Plan** (2019). *American Pediatrics Association*. Includes an online created media plan in **English and Spanish** at:

<https://www.healthychildren.org/English/media/Pages/default.aspx#wizard>

Explore *creating a family media agreement* to assure **healthy balance, content, access and safety** on media devices and technology.

Good Digital Parenting Resources (2019). *Family Online Safety Institute*. Includes a **media agreement** in **English and Spanish** that can be **printed as a form** to complete at:

<https://www.fosi.org/good-digital-parenting>

Put your **internet rules in writing**. A collaborative between National PTA and Norton LifeLock for **structured customizable and printable** family media agreement in **English and Spanish** at:

<https://thesmarttalk.org/#/>

HELP FOR AGING FAMILY & FRIENDS

Helpline (FRIENDSHIPS LINE) for Aging Family & Friends (60 years & older) 800-971-0016

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Questions call Institute on Aging Connect at 415-750-4111 or 650-424-1411 to reach their Client Service Specialists.

Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach calls to lonely older adults. While there are other organizations that respond to the needs of people who may be contemplating suicide, none provides the type of services that IOA's Friendship Line offers to respond to the public health problem of suicide among the elderly. Knowing that older people do not contact traditional suicide prevention centers on a regular basis even if they are considering suicide, we created the only program nationwide that reaches out to lonely, depressed, isolated, frail and/or suicidal older adults. Our trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults.