


Tips and Resources for Children and Parents During COVID-19

- Talk with children about COVID-19 in a developmentally appropriate way (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>)
 - Learn what your child already knows, encourage them to ask questions and talk about their fears. Provide extra comfort and reassurance when needed.
 - Answer questions simply and honestly. Focus on safety precautions rather than risks
 - Teach prevention strategies such as handwashing, mask wearing and social distancing. This will give children a sense of control and can reduce anxiety.
 - Manage your own stress. This can help reduce kids worries and anxiety
 - Monitor social media use and limit screen time
 - Keep a consistent routine. Consistency and structure are calming during times of stress and can provide a sense of normalcy
 - Be sure to practice self-care. Model relaxation techniques such as reading a book, exercising, or journaling
 - Create device free time in your home
 - Allow expectations of yourself and others to be flexible
 - Stay connected virtually. Prevent isolation by scheduling regular facetimes, zooms or phone calls with your support network
 - Be a mindful family. Find a way to help everyone take a moment to slow down, stay present and come together (ex. Family yoga or quiet walk)
 - Put activities on the calendar so you have something to look forward to. Allow your children to help plan these activities (get takeout, movie night, etc.)
 - Ask for help when you need it, we are all in this together!
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Helpful Books for Preschool and School Aged Children

- The Way I feel by Janan Cain
- The Rabbit Listened by Cori Doerrfeld
- A Terrible Thing Happened by Margaret Holmes
- The Huge Bag of Worries by Virginia Ironside
 - The Invisible String by Patrice Karst
 - The Goodbye Book by Todd Parr
 - My Many Colored Days by Dr. Seuss

Helpful Books for Older School Aged Children and Teens

- Hello Happy! An Activity Book for Young People Who Sometimes Feel Sad or Angry by Steph Clarkson and Katie Abey
- Be Brave! An Activity Book for Young People Who Sometimes Feel Scared of Afraid by Sharie Coombes and Katie Abey
- No Worries! An Activity Book for Young People Who Sometimes Feel Anxious or Stressed by Lily Murray and Katie Abey
- When Something Terrible Happens: Children Can Learn to Cope With Grief by Marge Heegaard

Children's Mental Health Matters Activities and Journal Prompts:

- http://aamentalhealth.org/tr_wellness.cfm
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