



THE NEW SCHOOL

Curiosity · Character · Community

Lower School

How to Talk to Your Children

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

What to do/say if my child begins to feel anxious?

<https://www.misterrogers.org/the-messages/>

Support for emotional and social well-being at home

<https://www.mindyeti.com/v2/s/>

Videos to help understand anxiety

https://www.youtube.com/watch?v=FfSbWc3O_5M

MS/US

How to Talk to Your Tweens and Teens

<https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html?action=click&module=RelatedLinks&pgtype=Article>

What to do/say if my tween/teen begins to feel anxious?

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>

All School

How to talk to your children and teenagers

<https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>

What parents need to know

<https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>

Support for emotional well-being at home

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