

RESOURCES FOR PARENTS AND STUDENTS

Talking to children about COVID-19

<https://www.davis.k12.ut.us/departments/student-family-resources>
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/> (English and Spanish)
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-202003071911>
[Coronavirus Student Guide: Explanations and News Updates](#)
[Talking to Children About COVID-19: A Parent Resource](#)
<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

Coping with Stress and Anxiety

<https://www.rulerapproach.org/managing-anxiety-around-covid-19/>
[Coping with Stress During an Infectious Disease Outbreak](#)
<https://www.psychologytoday.com/us/blog/worry-free-kids/202003/how-reduce-stress-during-school-closures>
<https://childmind.org/> (in Spanish: <https://childmind.org/recursos-en-espanol/>)
<https://www.actionforhappiness.org/> (they also have an app!)
<https://www.helpguide.org/>
<https://www.calmclinic.com/>
<https://www.mhanational.org/helping-children-cope-tragedy-related-anxiety>

Mental Health Resources

National Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org/> or call 1 (800) 273-8255 (English)
<https://suicidepreventionlifeline.org/help-yourself/en-espanol/> or call 1 (888) 628-9454 (Spanish)
<https://www.nami.org/> (800) 950-6264 (helpline), or text NAMI to 741741
Anxiety and Depression Association of America (ADAA):
<https://adaa.org/>

Katie Hurley, LCSW <https://www.psycom.net/author/katie-hurley-lcsw>

It's up to us to help kids work through their anxious thoughts. Kids never ever stop worrying simply because adults say, "don't worry." That's not how worrying works.

Step one: listen. Check in daily to see how you're kids are feeling (an emotions thermometer is a great tool for this) and what, if any, new stuff they heard about Covid 19.

Step two: empathize. "It does feel scary when everyone is talking about a virus getting people sick. It feels like it's a big huge problem when it's all you hear! I'm here for you."

Step three: share accurate facts. The virus is moving quickly, but we are also taking steps as a community to keep everyone healthy. What song do you like to sing when you wash your hands? Let's time it to see how long it is! We can also get a sand timer to help us remember to really get our hands clean. Getting sleep, healthy eating, and drinking water will help is fight off any kind of virus. What healthy foods should we make? Your school is doing this (fill in) to keep students healthy. Our family is doing this:

Step four: help others. Kids are likely to worry about grandparents and older family members because there is a focus on the vulnerability of this group. What can kids do to help? Drop groceries? Send care packages? Write letters?

Step five: limit your news and social media consumption. If you're anxious, your kids will pick up on it. You don't need minute to minute coverage. Set time limits on your phone and focus on your physical and emotional health instead.