

SELF-CARE FOR PARENTS AND/OR CHILDREN

[The Pandemic Toolkit Parents Need](#) Article with eight steps parents can take to help themselves and their children right now.

[Resource Guide for Staying Mentally and Emotionally Healthy at Home](#) An overall resource guide for helping children of all ages stay mentally and emotionally healthy. Some links are available in Spanish.

[Self-Care During COVID-19: For Everyone](#) Guide for adults with a “menu of strategies for self-care.” Includes links to mindfulness practices and has examples of anxious thoughts with examples of more helpful/positive alternative thoughts.

[SEL Resources for Parents, Educators & School Communities Related to COVID-19](#) Comprehensive resource links for adult self-care tips, numerous parenting resources, as well as educational resources.

[Coronavirus Parenting: Managing Anger and Frustration](#) Managing Anger and Frustration while parenting in the time of Covid 19

[Parenting in the time of COVID-19](#) One-page downloads for parents with embedded links. Available in 70 languages.

[Stress and Coping](#) A general information guide from the CDC including tips for parents.

EMOTIONAL AND BEHAVIORAL SUPPORTS FOR CHILDREN:

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#) Overall guide on self-care, tips for helping your family cope with stress, and toward the bottom of the document, some possible reactions from children and how to respond and offer support, divided by age group.

[SUPPORTING FAMILIES WITH PBIS AT HOME](#) Positive Behavioral Intervention Supports at Home--guidance on how to teach, remind and reward respectful, responsible and safe behaviors.

[Help for Students in Crisis - Mental Health \(CA Dept of Education\)](#) Crisis Lines, additional Mental Health resources for students, educators, providers.

[Screen Time During the Coronavirus Crisis](#) Screen time in the age of Coronavirus. An article for parents with tips on helping kids with responsible screen use.

[Guided Meditations - UCLA Mindful Awareness Research Center - Los Angeles, CA](#) Free Mindfulness Meditations in English and Spanish

[Simple Activities for Children and Adolescents](#) List of primarily non-screen activities for families with children of all ages

[Wide Open School](#) A variety of exercise options available to students and families online.

[Grades 10-12: Tips for Supporting Learning at Home](#) Specific tips for helping 10-12th graders navigate distance learning