

Social-Emotional Resources for Families

The resources shared in this section are for informational use only. They are not a substitute for any professional advice that a doctor or Mental Health Provider may offer or prescribe for an individual student. It is meant to give as a resource to parents who are looking for information. Walkkill Central School District is not affiliated with any of the resources listed.

A New Routine

Family Guide: How to Emotionally Prepare for a Coronavirus-quarantine

<https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine>

Parenting during COVID-19

<https://www.washingtonpost.com/lifestyle/2020/03/14/parenting-tips-coronavirus/>

Ideas for how to implement learning activities at home

<https://www.cnn.com/2020/03/16/health/homeschooling-during-coronavirus-wellness/index.html>

Tips for Talking to Kids about COVID-19

Easterseals – social story

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

PBS

<https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>

National Association of School Psychologists (NASP)

A Parent Resource Guide

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

NPR

Just for Kids: A Comic Exploring the New Coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

New York Times

Talking to Teens and Tweens about Coronavirus

<https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>

Substance Abuse and Mental Health Services Administration (SAMHSA)
Offers support for children of all ages
https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf

Managing Stress & Anxiety

Child Mind

This site provides strategies and activities to help our kids with social-emotional issues they may be facing at this time.

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Coping Skills and Calming Activities for Kids

<https://copingskillsforkids.com/calming-anxiety>

The National Child and Traumatic Stress Network (NCTSN)

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Psychology Today

Parenting during a Crisis.

<https://www.psychologytoday.com/us/blog/here-there-and-everywhere/202003/12-ways-effectively-parent-during-crisis-part-1>

National Alliance on Mental Illness (NAMI)

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

Anxiety and Depression Association of America

Tips for Parents and Caregivers

<https://adaa.org/living-with-anxiety/children/tips-parents-and-caregivers>

World Health Organization (WHO)

General Mental Health Considerations during COVID-19

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

Center for Disease Control (CDC)

Managing Stress (not just for kids)

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>