

Resources for Parents and Children

Coping Skills for Kids

In this article are some great links to a variety of resources about COVID-19 and free coping skills resources for families that you usually have to pay for.

<https://copingskillsforkids.com/coping-with-coronavirus>

National Child Traumatic Stress Network

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)

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

Covid-19 Tips for Parents by Barbara Stroud, Ph.D.

She used to be in LA but is now based in Bay Area and specializes in IMH. Video is really well done and parents of children of all ages could find it helpful.

<https://m.youtube.com/watch?v=MdKeau2huT4>

Sitting Still Like a Frog

Mindfulness-training exercises developed especially for children and their parents.

<https://www.shambhala.com/sittingstilllikeafrog/>

From PBS Kids

Daniel Tiger videos and other Sesame Street resources on talking about coronavirus.

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

Free Ebook download for 5 days.

Find your Calm: Mindful Approach to relieve anxiety and grow your bravery by Gabi Garcia
Download a copy here.