

## Parent/Caregiver Support During COVID-19

### General Parent/Caregiver Support

Centers for Disease Control and Prevention: Managing stress during COVID 19:

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

PBS: [Parenting During Coronavirus: You are Enough](#)

National Association of School Psychologists: Resources (in multiple languages) supporting families and youth <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

American Academy of Child and Adolescent Psychiatry: Includes resources on supporting children, teens, and parents through COVID19

[https://www.aacap.org/AACAP/Families and Youth/Resource Libraries/covid-19/resources helping kids parents cope.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx)

American Academy of Pediatrics: <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Offers-Parent-Tips-and-Resources-for-Dealing-With-Covid-19-and-Its-Stresses.aspx> (includes resource [Positive Parenting & COVID19: 10 Tips to Keep the Peace at Home](#))

Mental Health America: COVID-19 family resources

[https://mhanational.org/covid19?mc\\_cid=87f848e5b2&mc\\_eid=a04f4729e7##ForParents](https://mhanational.org/covid19?mc_cid=87f848e5b2&mc_eid=a04f4729e7##ForParents)

Save the Children (includes tips for coping and activities for kids):

<https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources>

Prevent Child Abuse America (includes resources for supporting parents, teens, and children):

<https://preventchildabuse.org/coronavirus-resources/>

Common Sense Media (includes a range of suggestions for managing online time):

<https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic>

Why Try: [The Parent's Guide to Resilience](#) ("The purpose of this Parent's Guide is to help you increase resilience in yourself as well as in your children.")

The Clay Center for Young, Healthy Minds: [Self-Care for Resilience Resources](#)

The Family Dinner Project: [Pandemic 2020 Stuck at Home Guide to Food, Fun, and Conversation](#)

Be Strong Families: Including daily webinars for parent/caregivers to develop and maintain protective factors and other resources, also available in Spanish:

<https://www.bestrongfamilies.org/covid-19-support>

California Surgeon General's Playbook: [Stress Relief During COVID-19](#)

California Surgeon General's Playbook: [Stress Relief for Caregivers and Kids During COVID-19](#)

New Jersey Department of Children and Families: [Tips for Families to De-escalate Tense Situations](#)

*Podcasts:*

- LifeKit from NPR: [Coronavirus and Parenting](#) (March 13, 2020)
- The Happiness Lab with Laurie Santos (Coronavirus Bonus):  
<https://www.happinesslab.fm/>

For Kids, A Comic Explaining Coronavirus:

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

### **Supporting Young children**

PBS: <https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

Zero to Three (includes tips for parents): <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

First Things First: [Parenting in the Time of Coronavirus and Social Distancing](#)

Sesame Street Resources: [Caring for Each Other](#)

### **Supporting Adolescents**

Your Teen Magazine: <https://yourteenmag.com/coronavirus>

[Quaranteenagers: Strategies for Parenting in Close Quarters](#) (article by Lisa Damour)

INCLUDE LIST HERE OF COMMUNITY BASED ORGANIZATIONS THAT ARE STILL DOING OUTREACH W YOUTH VIRTUALLY

### **Parenting Children with Special Healthcare Needs**

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

- [Facebook Live video chats with expert clinicians \(10am and 4.30pm\)](#)
- [Remote evaluations and telemedicine](#)
- [Phone consultations for follow-up about Facebook Live events and other questions about the best way to manage kids at home](#)
- [Daily tips for parenting during the crisis, via email](#)
- **Comprehensive resources for parents on coronavirus topics**

American Academy of Pediatrics: [COVID-19: Information for Families of Children and Youth with Special Health Care Needs](#)

**Other Parenting Support**

Delaware WIC: <https://www.facebook.com/GetUpAndDoSomethingWIC>