



COVID-19 Resources For Families

COVID-19

- What You Need to Know About COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>
- What to Do if You Are Sick With COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>
- How to Prepare: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>-includes other languages
- Daily Life and Coping: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>-includes other languages
- Frequently Asked Questions: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>-includes other languages
- Coronavirus-COVID-19: <https://kidshealth.org/en/parents/coronavirus.html?WT.ac=p-feat> – information is included in Spanish and in audio format
- Coping with Stress during the 2019-nCoV outbreak: https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_8
- Coronavirus: What Kids Can Do: <https://kidshealth.org/en/kids/coronavirus-kids.html?WT.ac=p-ra> information is included in Spanish and in audio format

PARENTING DURING COVID-19

- Talking to Children about COVID-19: <https://childrensmid.org/browse-by-topic/parenting/talking-to-children-about-covid-19/>
- COVID-19 & Children: Learn the Facts: <https://childrensmid.org/videos/covid-19-children-learn-facts/>
- How to Talk to Your Child about Coronavirus: <https://www.nytimes.com/2020/03/18/opinion/coronavirus-children.html?referringSource=articleShare>
- Talking to Your Children about Tragedies and Other Events: <https://healthychildren.org/English/family-life/Media/Pages/Talking-To-Children-About-Tragedies-and-Other-News-Events.aspx>
- Talk to Your Kids About What They've Heard About COVID-19: https://cdn.sesamestreet.org/sites/default/files/media_folders/Images/PDF3V3.pdf
- Routines During "The For-Now Normal": https://www.sesamestreet.org/sites/default/files/media_folders/Images/PDF4V3.pdf
- Soothing and Comforting: https://www.sesamestreet.org/sites/default/files/media_folders/Images/PDF1V3.pdf
- Positive Parenting & COVID-19: 10 Tips to Help Keep the Calm at Home: https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx
- Practical Techniques to Help Children Cope with COVID-19: <https://cldisasterrelief.org/wp-content/uploads/2020/03/PracticalCopingTechniques.pdf>
- Ways to Help Children Cope with Anxieties & Fears of COVID-19: <https://cldisasterrelief.org/wp-content/uploads/2020/03/WaysToHelpChildrenCope.pdf>
- Cloth Face Coverings for Children During COVID-19: <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Cloth-Face-Coverings-for-Children-During-COVID-19.aspx>



COVID-19 Resources For Families

- Co-Parenting Through COVID-19: Putting Your Children First:
<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Co-Parenting-through-COVID-19.aspx>
- Teens & COVID-19: Challenges and Opportunities During the Outbreak:
<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>
- Getting Children Outside While Social Distancing for COVID-19:
<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Getting-Children-Outside.aspx>
- PBS Kids – How You & Your Kids Can De-Stress During Coronavirus
<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>
- Social Distancing with Children <https://kidshealth.org/en/parents/coronavirus-social-distancing.html?WT.ac=p-ra>

SCHOOLING CHILDREN WHILE WORKING FROM HOME:

- Working and Learning from Home During the COVID-19 Outbreak: <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Working-and-Learning-from-Home-During-the-COVID-19-Outbreak.aspx>
- Helping Children Cope with Changes Resulting from COVID-19:
<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>
- Homeschooling Through COVID-19: <https://responsiblehomeschooling.org/covid/#>

PARENTS OF INFANTS:

- Tips for Coping with a New Baby During COVID-19: <https://www.healthychildren.org/English/ages-stages/baby/crying-colic/Pages/Tips-for-Coping-with-a-New-Baby.aspx>
- Breastfeeding During COVID-19 Pandemic: <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-During-COVID-19.aspx>
- Simple Ways to Entertain & Boost Your Baby's Development at Home:
<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Simple-Ways-to-Entertain-and-Boost-Your-Babys-Development-at-Home.aspx>

SPECIAL NEEDS:

- COVID-19 Information for Families of Children and Youth with Special Health Care Needs:
<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/COVID-19-Information-for-Families-of-Children-and-Youth-with-Special-Health-Care-Needs.aspx>
- Tips for Talking with Your Child with Autism About the Coronavirus: <https://childmind.org/article/tips-for-talking-with-your-child-with-autism-about-the-coronavirus/>
- Teaching Handwashing to Children with a Developmental Disability: <https://childmind.org/article/teaching-handwashing-to-children-with-a-developmental-disability/>



CORONAVIRUS (COVID-19) INFORMATION

COVID-19 Resources For Families

Children's
HOSPITAL • ST. LOUIS
BJC HealthCare

Washington
University in St. Louis
Physicians

- Support for Kids with ADHD During the Coronavirus Crisis: <https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/>

The Center for Families Resource Library SLCH 3S-12

Contact us at 314.454.2350 or centerforfamilies@bjc.org