

Supportive Resources for Children and Families addressing Coronavirus

compiled by the Trauma Response Program and Psychotherapy Clinic

Talking to children about coronavirus

7 scripts to talk to kids about the coronavirus

https://medium.com/@DrRobyn_25594/7-scripts-to-talk-to-kids-about-the-coronavirus-35d3d70660da

Coronavirus Q&As: Answers to 7 questions your kids may have about the pandemic

<https://theconversation.com/coronavirus-qandas-answers-to-7-questions-your-kids-may-have-about-the-pandemic-133576>

A 12-minute podcast by therapists on age appropriate conversations about COVID-19 with kids.

<https://uplift-counseling.com/delightful-parenting-podcast/>

Talking to kids about the coronavirus: Video

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

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?fbclid=IwAR1EZRGw3zC7BEQEos0P2mLsKDIJm1lf7Z2o0iT5gwKRXXenp_bno11pZ4](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?fbclid=IwAR1EZRGw3zC7BEQEos0P2mLsKDIJm1lf7Z2o0iT5gwKRXXenp_bno11pZ4)

Parenting

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

Parenting during COVID-19: A bulleted list to stick up on the fridge (part 1 and 2).

<https://www.psychologytoday.com/us/blog/little-house-calls/202003/parenting-during-covid-19>

<https://www.psychologytoday.com/us/blog/little-house-calls/202003/parenting-during-covid-19-part-2>

Coronavirus and parenting: What you need to know now

<https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>

5 ways to help teens manage anxiety about the coronavirus

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?fbclid=IwAR01ka7TpPo65ialNDLxjIeOsIYPZ8OjWeF5l76hVzk6wcIXRpIXM9mb0Kk>

Coping with School Closures

My Kid's School is Closed, so now what?

https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?fbclid=IwAR1jOS70OT9dk10M5pPx8C0_UHUGqJqQUozkFeB8kj2uhWR10V9amDzvedY

Home-schooling teens and tweens during coronavirus closings

<https://www.nytimes.com/2020/03/12/well/family/coronavirus-school-closings-homeschooling-tweens-teens.html>

How school closures can strengthen your family

https://greatergood.berkeley.edu/article/item/how_school_closures_can_strengthen_your_family

Sample schedule template for children

<https://drive.google.com/file/d/16xXZHMtCvS0w0tUHFZiqtWjCNbcBwZX/view>

For Children and Adolescents

A coronavirus storybook for young children

<http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

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>

Facts about coronavirus: What kids need to know

<https://kids.nationalgeographic.com/explore/science/facts-about-coronavirus/>

Clinical Populations

A social story about coronavirus for children with Autism

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf>

How to talk to your anxious child or teen about coronavirus

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

OCD and Coronavirus (COVID-19)

<https://www.ocduk.org/ocd-coronavirus-summary/>

Coronavirus and OCD and anxiety disorder treatment

https://www.washingtonpost.com/health/ocd-and-anxiety-disorder-treatment-can-be-complicated-by-coronavirus-fears/2020/03/13/6b851d60-63ce-11ea-acca-80c22bbee96f_story.html

OCD and Coronavirus Survival Tips

<https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

Hotlines

Below are some hotlines that are available to call to talk to someone for support and information.

Saint Louis regional coronavirus helpline (Powered by the United Way) 314-615-2660

This is a hotline for those in the Greater Saint Louis area who need resources during this time.

CDC Hotline 1-800-232-4636

A hotline to obtain factual information from the CDC about COVID-19 “coronavirus”

Disaster and Distress Helpline (DDH) 1-800-985-5990

SAMSHA’s DDH is a national hotline for those who are experiencing anxiety or stress regarding any natural disaster or community crisis such as CDC COVID-19 “coronavirus”

Crisis Text Line 741741 text “HOME”

A crisis text line for those who are experiencing anxiety or stress around COVID-19 “coronavirus” and would prefer to text instead of call.