



Resources to Help Parents Support Their Children During the COVID-19 Pandemic

- Consider how this pandemic might affect you and your family - both physically and emotionally:
 - [Parent/Caregiver Guide to Helping Families Cope with Coronavirus](#)
- Prioritize your own well-being while managing stress during this time:
 - [8 Expert Tips to Help Families Stay Regulated](#)
- Prepare yourself with resources to support conversations with your children:
 - [How To Support Children and Yourself During the Covid-19 Outbreak](#)
 - [Talking to Children About Covid-19](#)
 - [Tips for Families: Coronavirus](#)
 - [Responding to Difficult Questions](#)
 - [Supporting Families During Covid-19](#)

Continued On Next Page





Continued Resources List

- Explain what is happening by using an age-appropriate script or social story with your children
 - [Coronavirus is a Big Word](#)
 - [Shubert and Sophie Stay Home](#)
 - [My Name is Coronavirus](#) (many languages available)
 - [A Comic Exploring the New Coronavirus](#)
 - [Time to Come in Bear: A Children's Story About Social Distancing](#) (video)
 - [The Story of the Oyster and the Butterfly: The Corona Virus and Me](#)
- Consider your child's readiness and regulation before engaging in at-home learning each day:
 - [Conscious Discipline: Brain Smart Starts Video](#)
 - [Guide to a Brain Smart Start](#)
- Build in scheduled breaks for regulation, stress-reduction, and play:
 - [Brain Breaks and Active Calming Ideas](#)

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