

Resources for Children, Teens, and Families

Websites

- <https://www.livescience.com/coronavirus-kids-guide.html> (a guide for kids)
- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus> (a comic strip for kids about coronavirus)

Books (physical and electronic)

- The Yucky Bug by Julia Cook: <https://youtu.be/ZD9KNhmOCV4>
- Don't Lick This Book by Idan Ben-Barak (reading of the book: https://youtu.be/pBzWj_ZL2KQ)
- <https://www.mindheart.co/descargables> (book for kids under 7 in multiple languages)
- What to do When You Worry Too Much by Dawn Huebner (a guide for overcoming anxiety for 6-12 y/o)
- Outsmarting Worry by Dawn Huebner (a guide for overcoming anxiety for 9-13 y/o)

Apps

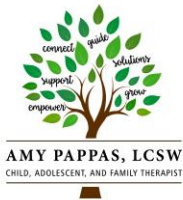
- Stop, Breathe, and Think Kids (general relaxation based on meditation and mindfulness)
- Tame Your Thought Monster (tools to deal with fear, anxiety, or other concerns by using mindfulness tools and positive self-talk)
- Breathe, Think, Do with Sesame (calming and problem solving skills for younger children--in English and Spanish)
- DreamyKids (for kids who struggle with self-confidence, anxiety, or settling down at bedtime)
- Calm (relaxation for all ages)
- Headspace (relaxation for all ages)

Articles

- Talking to Kids About the Coronavirus
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- Parents, you are the filter through which your kids see this crisis. How you talk about it matters.
<https://www.washingtonpost.com/lifestyle/2020/03/24/talking-kids-coronavirus/>
- How to Talk to Your Kids About Coronavirus (focus on younger children)
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- Quaranteenagers: Strategies for Parenting in Close Quarters (focuses on teens)

<https://www.nytimes.com/2020/03/19/well/family/coronavirus-covid-teenagers-teens-parents-kids-family-advice.html>

- **5 Ways to Help Teens Manage Anxiety About the Coronavirus**
<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>
- **How to Reduce Stress During School Closures**
<https://www.psychologytoday.com/us/blog/worry-free-kids/202003/how-reduce-stress-during-school-closures>
- **Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease**
https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf
- **A guide to keeping your child safe and reassured as coronavirus spreads**
<https://us.cnn.com/2020/03/05/health/coronavirus-how-to-talk-to-children-trnd/index.html>
- **Helping Kids Who Are Worried About Coronavirus**
<https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/>



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