

Helping Children and Families Cope with Change during COVID-19

Parents, we recognize that this is a very challenging time for you and your family. We want to encourage you to take things slow and consider that feelings of stress and anxiety are to be expected. Children and youth may exhibit their stress through tantrums or misbehavior as they may not have the words to express how they are feeling. We hope these resources will be helpful to you and your family as you navigate this time of uncertainty and change.

- [211 Arizona](#) - A variety of community resources including physical and mental health resources, housing, help with bills and providing food, disability services, veteran's services, substance abuse services, and more. 602-263-8856 or Call: 211, [Android App](#) and [iPhone App](#)
- Talking to your children about the [Coronavirus / COVID-19 from the National Association of School Psychologists](#) - Age specific guidance & available in several languages.
- [COVID-19: Five Helpful Responses for Families - Conscious Discipline](#)- Free printables, videos, home schedule ideas and a parenting toolbox.
- [How to Talk to your Kids About Coronavirus - PBS](#) - Developmental ages 2 - 8 yrs old. Ideas for talking to your child about Coronavirus, animated videos for children about healthy habits.
- [How to talk to kids about the Coronavirus - The Washington Post](#) - Advice from child psychiatrists and clinical child psychologists regarding how to speak with children about Coronavirus and how to protect them from too much information.
- [5 Ways to Help Teens Manage Anxiety About the Coronavirus - The New York Times](#) - 5 big ideas for how adults can help teens manage intense emotions surrounding Coronavirus.
- [110+ Free Social Emotional Learning Resources- Pathways to Success](#) - Activities and printable resources to help children and adolescents practice the skills of self-awareness, self-management, social awareness, making and keeping relationships and identifying good decisions.
- [25 Fun Mindfulness Activities for Children and Teens \(+Tips!\)](#) - Ideas for activities to help children and teens engage in mindfulness practices.
- [Positive Behavior Support at Home Resources - Association for Positive Behavior Support](#) - A collection of resources to help understand and prevent challenging behavior, promote family routines and monitor behavior.
- [13 Gratitude Exercises and Activities - Positive Psychology](#) - Ideas for gratitude exercises that can help children refocus the brain away from stress and stay in the present moment; buffering against the effects of distressing even
- [5 Yoga Video Resources for Kids - Awake and Mindful.com](#) - Kid friendly yoga videos that parents can join to promote calm and mindfulness and provide movement.