

Helpful Websites for Parents: COVID-19 response

How to explain COVID-19 to children with ADHD and anxiety: <http://bit.ly/ADHDAnxietyexplainC19>

Talking to children about COVID-19 from Association of School Psychologists: <http://bit.ly/talking2childrenSchPsych>

Tips for viewing information on COVID-19 from the American Psychological Association: <https://www.apa.org/helpcenter/pandemics>

Explaining COVID-19 to youth with autism. A picture story (open website and click on “Download you FREE Coronavirus Social Story Here”): <http://bit.ly/socialstoryforautism>

Coping with health anxiety: <https://www.theguardian.com/society/2020/mar/16/coronavirus-health-anxiety>

CDC: Managing stress, particularly those with pre-existing mental health conditions: <http://bit.ly/CDCmanagestress>

Balancing working from home and managing children’s questions from NPR writers: <https://n.pr/2U8jNPT>

Stuck at home doesn’t mean you have to be stuck on a screen. For tips on limiting screentime: <http://bit.ly/limitingscreentime>

Talking with your children about the “tough stuff” they see in the media helps to make them feel safer and strengthens your bond. CommonSense Media tips: <http://bit.ly/CCMtalkingtokids>

Teens and tweens have access to media around the clock, and they still need guidance from adults to help sort through misinformation. <http://bit.ly/talkingtoteenscovid19>

Virtual field trips to museums including the Louvre!: <http://bit.ly/virtualmuseumfieldtrips>