

The Family Resource Guide

SUPPORTING FAMILIES AND CHILDREN COPING
WITH THE IMPACT OF THE CORONAVIRUS

Provided by the Yale Child Study Center
and Scholastic Education

We at the Yale Child Study Center and Scholastic have great empathy and concern for families coping with the impact of COVID-19 on almost every aspect of their home, school, and community settings. In keeping with our long-standing mission to support children and families, we have compiled a guide to online articles and resources that offer information about:

- ▶ **Instruction and Learning in the Home**
- ▶ **Emotional Support for Children**
- ▶ **Emotional Support for Parents**



Supporting Instruction and Learning in the Home

SCHOLASTIC *Learn at Home*

This free digital learning hub is designed to support virtual learning plans with open access to 20 days of learning journeys for students in grades PreK–9+, covering ELA, STEM, Science, Social Studies, and Social-Emotional Learning.

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▶ <https://classroommagazines.scholastic.com/support/learnathome.html>

LIBRARY OF CONGRESS *Dav Pilkey At Home*

Join Scholastic and the Library of Congress for *Dav Pilkey At Home*. Together you can get creative and have fun with some of your favorite characters from *Dog Man* and *Captain Underpants*.

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Discover new activities, videos, read-alouds, and more.

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▶ <https://kids.scholastic.com/kids/books/dav-pilkey-at-home>

SCHOLASTIC *Teachables*

Use these free resources to keep kids engaged and learning at home. No printer? No problem! Just use the OPEN button to view the materials on-screen and have your child write his or her answers on a sheet of paper.

▶ <https://teachables.scholastic.com/teachables/learn-at-home.html>

SCHOLASTIC *Home Base*

A safe and moderated digital book community where children can interact with their favorite authors, stories, and other readers, as well as participate in virtual book festivals.

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▶ <https://kids.scholastic.com/kids/games>

SESAME WORKSHOP *Caring for Each Other*

New songs, animated *Sesame Street* spots, and an ongoing release of resources to help caregivers and young children worldwide navigate their new realities in the coming weeks and months.

▶ www.sesameworkshop.org/press-room/press-releases/sesame-workshop-expands-caring-each-other-initiative-help-parents-and

ZERO TO THREE *At-Home Activity Guide*

A guide to activities for young children experiencing social distancing.

▶ www.zerotothree.org/resources/3264-at-home-activity-guide

PBS *PBS Kids*

Daily activities and tips to help kids play and learn at home.

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▶ <https://pbskids.org>

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These links provide helpful resources you can use directly with your children.



Understanding the Emotional Concerns and Needs of Children

CENTER FOR THE STUDY OF TRAUMATIC STRESS

Finding the Right Words to Talk with Children and Teens About Coronavirus

Help children of all ages understand basic information about what the coronavirus is and why it is currently such an important topic.

- ▶ www.cstsonline.org/assets/media/documents/CSTS_FS_Finding_Right_Words_Talk_Children_Teens_Coronavirus.pdf

THE AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY ***14 Tips for Talking to Children***

AACAP shares tips for having open, supportive conversations with young children during public health emergencies such as the coronavirus pandemic.

- ▶ www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19__Children.pdf

CHILD MIND INSTITUTE ***Supporting Kids During the COVID-19 Crisis***

Here are tips from the Child Mind Institute's clinicians to help calm fears, manage stress, and keep the peace while creating a nurturing environment at home.

- ▶ https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20

THE NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS

Helping Children Cope With Changes Resulting From COVID-19

This guide for parents addresses talking to children and creating structure and predictability for daily life at home, available in English, Spanish, Chinese, Amharic, Korean, French, and Vietnamese.

- ▶ www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-%28coronavirus%29-a-parent-resource

SCHOLASTIC

First Aid for Feelings: A Workbook to Help Kids Cope During the Coronavirus Pandemic

A free downloadable workbook (available in English and Spanish) for families to share with children to help them cope with anxiety during the pandemic.

- A** ▶ <http://teacher.scholastic.com/education/coronavirusworkbook>

NPR ***Comic Book to Calm Fears About Catching the Virus***

A printable comic book that taps information from experts and conveys it in ways kids will relate to and understand.

- A** ▶ www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus



These links provide helpful resources you can use directly with your children.

Helping Parents Balance the Competing Demands of the “New Normal”

YALE MEDICINE *Eight Tips for Working from Home With Kids During COVID-19*

Yale experts share strategies for managing home life in a time of social distancing and self-quarantine.

- ▶ www.yalemedicine.org/stories/8-tips-work-at-home-with-kids-covid-19

WSHU PUBLIC RADIO *It's Normal to Feel Anxious About COVID-19. Here's How to Cope.*

Dr. Eli Lebowitz directs the Anxiety and Mood Disorder program at the Yale Child Study Center. He shares strategies for how the young—and not-as-young—can manage anxiety with many of the same coping tips.

- ▶ www.wshu.org/post/it-s-normal-feel-anxious-about-covid-19-here-s-how-cope#stream/0

CHILD MIND INSTITUTE *How to Avoid Passing Anxiety on to Your Kids*

Help yourself, and in turn help your children, by learning techniques to manage stress in a healthy way.

- ▶ https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20

NEW YORK TIMES *A Brain Hack to Break the Coronavirus Anxiety Cycle*

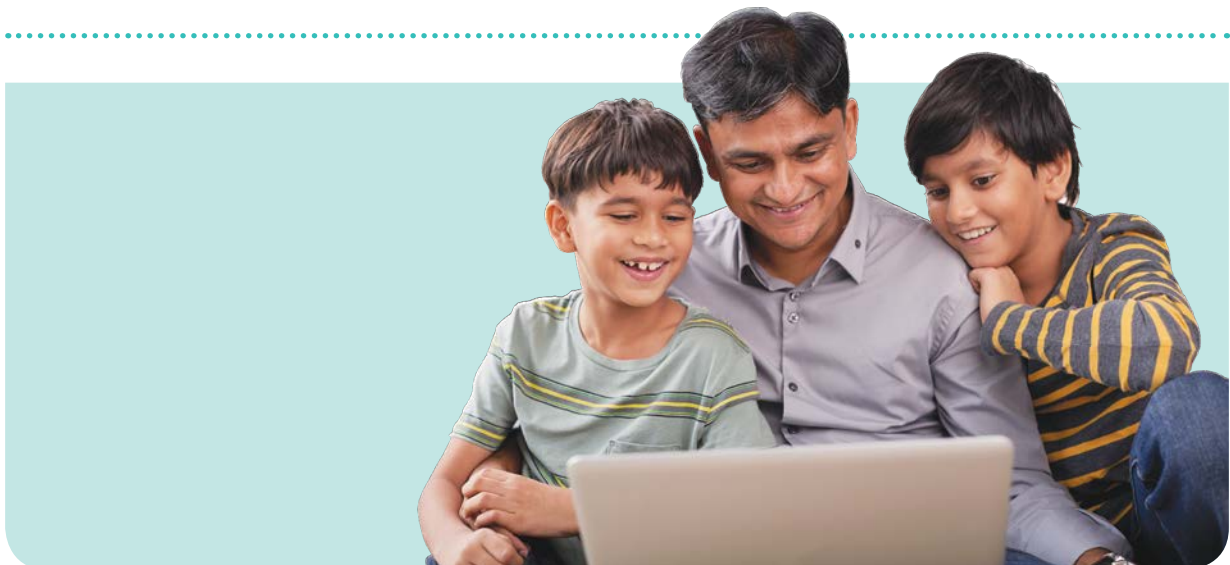
Uncertainty about coronavirus spreads anxiety through social contagion. Here's a way to minimize that.

- ▶ www.nytimes.com/2020/03/13/well/mind/a-brain-hack-to-break-the-coronavirus-anxiety-cycle.html?smid=nytcore-ios-share

CHILD MIND INSTITUTE *When Siblings Won't Stop Fighting*

Learn how parents can keep the peace and help kids learn to resolve conflicts.

- ▶ https://childmind.org/article/when-siblings-wont-stop-fighting/?utm_source=newsletter&utm_medium=email&utm_content=Are%20Time%20Outs%20Harmful%20to%20Children%3F&utm_campaign=Weekly-03-16-20



Helping Parents Balance the Competing Demands of the “New Normal” –continued

LIVESCIENCE ***Tips for Handling Work and Kids During COVID-19 Isolation***

Working and supervising children during a pandemic has the potential to create stress and family conflict.

- ▶ www.livescience.com/coronavirus-tips-for-homebound-kids-parents.html

YALE CHILD STUDY CENTER–SCHOLASTIC COLLABORATIVE FOR CHILD & FAMILY RESILIENCE ***Solidarity***

This column is for parents and children navigating life during the pandemic.

- ▶ <https://medicine.yale.edu/childstudy/scholasticcollab/news/solidarity>

NEW YORK TIMES ***Grieving the Losses of Coronavirus***

In addition to the tragic losses of life, health, and jobs, we are grieving the losses of weddings, sports, and the ability to buy eggs or get a haircut.

- ▶ www.nytimes.com/2020/03/23/well/family/coronavirus-grief-loss.html?smid=nytcore-ios-share

YALE MEDICINE ***Feeling Anxious About COVID-19***

Leading mental health experts from Yale Medicine offer advice on how to stay calm amid the coronavirus outbreak.

- ▶ www.yalemedicine.org/stories/covid-19-anxiety
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