

TAKE CARE OF YOUR EMOTIONAL HEALTH

PARENT AND STUDENT RESOURCES

News of the coronavirus, COVID-19, is everywhere and many parents are wondering how to engage in appropriate dialogue that will be reassuring and not heighten anxiety in children. Below are resources for parents and students to support effective messages on how to talk to children about the coronavirus and how parents can cope during this pandemic. The resources will provide suggestions on how parents can limit their child's exposure to the media, help their child address their fears and how to provide a calming influence.



PARENT RESOURCES

TALKING TO CHILDREN ABOUT THE CORONAVIRUS

[nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

MANAGE ANXIETY & STRESS - CENTERS FOR DISEASE CONTROL AND PREVENTION

cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

THE DOS AND DON'TS OF PARENTING YOUR CHILD THROUGH COVID-19

psychologytoday.com/us/blog/here-we-are/202003/the-dos-and-donts-parenting-your-child-through-covid-19

CHILD MIND INSTITUTE

childmind.org/article/talking-to-kids-about-the-coronavirus



STUDENT RESOURCES

PRACTICING MINDFULNESS BREATHING

pbs.org/parents/crafts-and-experiments/practice-mindfulness-with-belly-breathing

HEALTH & SOCIAL EMOTIONAL LEARNING

brainpop.com/health/diseasesinjuriesandconditions/coronavirus/
brainpop.com/health/
youtube.com/watch?v=I7g8Atv27Q8&list=PLMFgr75ov8nZWHUioAC5mg_pIU6-6pK9A

ONLINE SAFETY LESSONS

kidsmartz.org/NetSmartz%20v3/NetSmartzKids

CORONAVIRUS STUDENT GUIDE SECONDARY

sharemylesson.com/todays-news-tomorrows-lesson/coronavirus-student-guide

During these times, families may experience different emotions and feelings that decrease or heighten each week. The Guidance and Counseling Department has compiled a list of resources that may provide assistance in managing your emotions.

Isolation

Resources provided by University of Texas Arlington School of Social Work  Center for Clinical Social Work (CCSW)

- **Breathe2Relax:** is a portable stress management tool. It provides detailed information on how stress affects the body. It also helps users learn how to manage stress using a technique called diaphragmatic breathing. It's available for free on iOS and Android devices.
- **MHMR Tarrant County 24-Hour Crisis Line:** 817-335-3022
- **Therapist Aid** mental wellness activities, worksheets, and video on reducing anxiety.
<https://www.therapistaid.com/packet/covid-19>
- **Teen Depression Article for Parents:** <https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm>
- **Kids Stress:** <https://theimagineproject.org/childhood-stress/>
- [Ways to Support Teens During Social Distancing](#)

Anticipating A Loss

- [When You Can't Be With a Dying Family Member](#)
- [Supporting Children and Teens When a Family Member is in the Hospital or a Facility](#)

Grief Resources

- The Warm Place <https://www.thewarmplace.org/covid-19-resources/>
- [Responding to Loss and Change: A Children's Workbook](#)
- [How to Deal with Grief during Isolation](#)
- https://www.dougy.org/docs/Grief_during_COVID-19.pdf