

COVID-19 Resources

The Children's Trust Fund Alliance collected these resources to share with our colleagues and parents to help families stay strong during this public health crisis. This list was shared with the Alliance's Birth Parent National Network (BPNN) during a recent virtual Caring Conversation. To learn more about and to join the BPNN, visit ctfalliance.org/partnering-with-parents/bpnn.

Dealing with Stress

The New York Times: 10 Ways to Ease Coronavirus Anxiety
[nytimes.com/2020/03/18/smarter-living/coronavirus-anxiety-tips.html](https://www.nytimes.com/2020/03/18/smarter-living/coronavirus-anxiety-tips.html)

Some good tips from *The New York Times* on how to deal with our anxiety and stress during this time.

Generations United: COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families

[gu.org/app/uploads/2020/03/COVID-19-Fact-Sheet-3-17-20.pdf](https://www.gu.org/app/uploads/2020/03/COVID-19-Fact-Sheet-3-17-20.pdf)

People over the age of 60 and those with compromised immune systems are among the highest-risk populations COVID-19 is impacting. Grandparents are advised to isolate themselves physically from grandchildren, however, it is nearly impossible for older caregivers to distance themselves from the children they are raising. This fact sheet provides suggestions for staying healthy, informed and connected.

Child Mind Institute: Supporting Families During COVID-19

[childmind.org/coping-during-covid-19-resources-for-parents](https://www.childmind.org/coping-during-covid-19-resources-for-parents)

This link has resources for parents that you can engage with daily and things to help support you as you navigate your children's behavior and anxiety. Clinical and supportive resources include facebook live video chats with expert clinicians.

Healthy Minds Innovation: Healthy Minds Program

tryhealthyminds.org

The Healthy Minds Program application is now available online at no charge thanks to the generosity of philanthropic funders. The program trains your mind to increase well-being – improving focus, relationships, alignment to meaning, and stress management. The application puts this training into an accessible format that includes both guided meditations and science-backed information.

Resources for Children and Youth

Easterseals – Illinois Autism Partnership: My Coronavirus Story

flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR2WnDSLbIMIDgP-jYORmjUhlcK5Gfb7It9wsFN1UrFJfKuV_1VqfsyD0s

This picture booklet is for young children and explains the coronavirus and how to stay healthy.

NPR: Just For Kids – A Comic Exploring the New Coronavirus

[npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus)

This kids comic is based on a radio story that NPR education reporter Cory Turner did. You can print and fold a zine version of the comic. Feb. 28, 2020

PBS: How You and Your Kids Can De-Stress During Coronavirus

[pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus](https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus)

PBS has many wonderful resources for families. This article has some great reminders about the importance of taking time to breathe, and also a great "HOSE" acronym to think through what might be going on with your child. March 13, 2020

4-H Inspire Kids to Do Activity Guide

4-h.org/about/inspire-kids-to-do/activity-guide

Download this activity guide which features 60 hands-on educational activities to help your child continue doing, learning and growing during this time.

The Ultimate LEGO Activity Guide

gduckling.com.au/the-ultimate-lego-activity-guide

A great link for kids and adults to have fun with Lego challenges.

General Resources

Centers for Disease Control (CDC)

[cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

Visit the CDC website for tips to protect yourself, your family, your home and your pets.

Prevent Child Abuse Americ (PCA): Coronavirus Resources and Tips for Parents, Children and Others

preventchildabuse.org/coronavirus-resources

The PCA has some concrete tips for physically distancing while staying emotionally and socially connected to your family, friends and communities.

The National Child Stress Network (NCTSN): Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19)

nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

NCTSN's factsheet has lots of ideas to help families try to find a new norm. It offers guidance on how to talk with your child and implement age-appropriate strategies to help your child cope.

Seattle Children's Hospital Research Foundation: Child Development and Parenting – Disasters and Scary Events: Helping Children Cope

seattlechildrens.org/health-safety/keeping-kids-healthy/development/coping-with-trauma-disaster

As a parent, you can't control natural disasters, but you can help your child cope when they do happen. This article provides tips and ideas for helping your child feel safe, recognizing when your child is having trouble coping and being a good role model.

Action for Healthy Kids: Resources for Schools and Families During COVID-19/Coronavirus

actionforhealthykids.org/resources-for-schools-and-families-during-covid-19-coronavirus

This resource has information on: 1) physical activity and play; 2) food access and nutrition; 3) resources for online transition to online learning/home schooling; 4) COVID-19 general resources; and 5) resources for parents to help them navigate a health crisis.

National Technical Assistance Center on Transition (NTACT): Transition Resources During COVID-19 Outbreak

transitionta.org/covid19

The NTACT website helps families who have children with special needs. There is guidance around regulations and resources to help your child as schools transition to online instruction.

Washingtonian: Kids Out of School Amid Covid-19 Crisis? This Homeschool Mom Has Some Advice

[washingtonian.com/2020/03/13/kids-out-of-school-amid-covid-19-crisis-this-homeschool-mom-has-some-advice](https://www.washingtonian.com/2020/03/13/kids-out-of-school-amid-covid-19-crisis-this-homeschool-mom-has-some-advice)

Emma Francois provides advice from a parent about ways to keep children focused and busy while out of school during this challenging time. March 13, 2020

National Parent Teacher Association (PTA): COVID-19 (Coronavirus) PTA Resources

pta.org/home/family-resources/coronavirus-information

The National PTA website offers strategies for parents/caregivers to provide social and emotional support for their kids, tools for learning at home and information on healthy habits. There is also a helpful questions and answers section.

The Citizen: Parenting During a Pandemic

auburnpub.com/lifestyles/georgi-parenting-during-a-pandemic/article_06b4193c-e358-51d8-800b-c591a438f38a.html

Kara Georgi, Parent Partnership Associate, Children's Trust Fund Alliance, wrote this article for the parenting section in her hometown newspaper, *The Citizen*. March 17, 2020

The Citizen: In Time Like These, You Are Enough

auburnpub.com/lifestyles/georgi-in-times-like-these-you-are-enough/article_3d901007-fd93-5e32-aa11-8f9facce1a37.html

Another article written by Kara Georgi, Parent Partnership Associate, Children's Trust Fund Alliance, for her hometown newspaper, *The Citizen*. March 24, 2020

The **Birth Parent National Network (BPNN)**, is a national platform for birth parents to work in partnership with organizations and policymakers to share their life experiences and make recommendations to improve policies and practices that impact children and families. The goal of the BPNN is to strengthen and support families and improve outcomes for families at risk or involved with the child welfare system. Our growing network includes hundreds of parent and organizational members. If you wish to make a difference locally, in your state or at the national level, join the BPNN. To learn more about this dynamic national network visit the BPNN website:

ctfalliance.org/partnering-with-parents/bpnn



The Alliance partners with Casey Family Programs to support the BPNN.

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