Parent/Caregiver Support During COVID-19

**General Parent/Caregiver Support**

Centers for Disease Control and Prevention: Managing stress during COVID 19:  

PBS: Parenting During Coronavirus: You are Enough

National Association of School Psychologists: Resources (in multiple languages) supporting families and youth  

American Academy of Child and Adolescent Psychiatry: Includes resources on supporting children, teens, and parents through COVID19  

American Academy of Pediatrics:  

Mental Health America: COVID-19 family resources  
https://mhanational.org/covid19?mc_cid=87f848e5b2&mc_eid=a04f4729e7##ForParents

Save the Children (includes tips for coping and activities for kids):  

Prevent Child Abuse America (includes resources for supporting parents, teens, and children):  
https://preventchildabuse.org/coronavirus-resources/

Common Sense Media (includes a range of suggestions for managing online time):  
https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic

Why Try: The Parent’s Guide to Resilience (“The purpose of this Parent’s Guide is to help you increase resilience in yourself as well as in your children.”)

The Clay Center for Young, Healthy Minds: Self-Care for Resilience Resources

The Family Dinner Project: Pandemic 2020 Stuck at Home Guide to Food, Fun, and Conversation
Be Strong Families: Including daily webinars for parent/caregivers to develop and maintain protective factors and other resources, also available in Spanish: https://www.bestrongfamilies.org/covid-19-support

California Surgeon General’s Playbook: Stress Relief During COVID-19

California Surgeon General’s Playbook: Stress Relief for Caregivers and Kids During COVID-19

New Jersey Department of Children and Families: Tips for Families to De-escalate Tense Situations

Podcasts:
- LifeKit from NPR: Coronavirus and Parenting (March 13, 2020)
- The Happiness Lab with Laurie Santos (Coronavirus Bonus): https://www.happinesslab.fm/


Supporting Young children

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

Zero to Three (includes tips for parents): https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus

First Things First: Parenting in the Time of Coronavirus and Social Distancing

Sesame Street Resources: Caring for Each Other

Supporting Adolescents

Your Teen Magazine: https://yourteenmag.com/coronavirus

Quaranteenagers: Strategies for Parenting in Close Quarters (article by Lisa Damour)

INCLUDE LIST HERE OF COMMUNITY BASED ORGANIZATIONS THAT ARE STILL DOING OUTREACH W YOUTH VIRTUALLY

Parenting Children with Special Healthcare Needs

Child Mind Institute: https://childmind.org/coping-during-covid-19-resources-for-parents/
- **Facebook Live video chats with expert clinicians (10am and 4.30pm)**
- **Remote evaluations and telemedicine**
- **Phone consultations for follow-up about Facebook Live events and other questions about the best way to manage kids at home**
- **Daily tips for parenting during the crisis, via email**
- **Comprehensive resources for parents on coronavirus topics**


**Other Parenting Support**

Delaware WIC: [https://www.facebook.com/GetUpAndDoSomethingWIC](https://www.facebook.com/GetUpAndDoSomethingWIC)