

Yale Child Study Family Resources and Suggestions for Coping with Coronavirus

TALKING WITH CHILDREN

The National Association of School Psychologists

Guide for parents addressing talking to children and creating structure and predictability for daily life at home, available in English, Spanish, Chinese, Amharic, Korean, French, and Vietnamese

<https://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>

World Health Organization

Helping children cope with stress during the 2019-nCov outbreak

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Child Mind Institute

Talking with Kids About the Coronavirus

https://childmind.org/article/talking-to-kids-about-the-coronavirus/?utm_source=newsletter&utm_medium=email&utm_content=READ%20MORE&utm_campaign=Weekly-03-16-20

Child Mind Institute

Supporting Kids During the Covid-19 Crisis

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

Child Mind Institute

How to Avoid Passing Anxiety on to Your Kids

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

Child Mind Institute

How Can We Help Kids with Transitions?

https://childmind.org/article/how-can-we-help-kids-with-transitions/?utm_source=newsletter&utm_medium=email&utm_content=How%20Anxiety%20Leads%20to%20Disruptive%20Behavior&utm_campaign=Weekly-03-16-20

Child Mind Institute

When Siblings Won't Stop Fighting

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

The American Academy of Child Psychiatry

14 Tips for Talking to Children

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf

Children's National

Answers Adults Can Offer to Answer Common Questions Children May Ask

<https://riseandshine.childrensnational.org/covid-19-faqs-for-kids/>

SAMSA

Guidance for talking with children of different ages in helpful ways

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

RESOURCES TO SHARE WITH CHILDREN

Social Story About Coronavirus

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

NPR Comic Book to Calm Fears About Catching the Virus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Children's Guide Appropriate for School-aged Children

<https://www.livescience.com/coronavirus-kids-guide.html>

PBS Article

Information Language for Talking to Kids about Coronavirus

Links to Television episodes that address different aspects of health

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR2S4HdQIcIBKD3IMtF5l8DeasdaadUjhNhqFM38WFMgmsrNncRW8aVCU68>

Duke Center for Autism and Brain Development

Resources for young children and children with developmental disabilities

- [How to talk to your child with ASD about frightening situations](#)
- [Flu picture story](#)
- [Visual supports: Social Story about not sharing germs](#)
- [Visual supports: Hand-washing steps](#)

Science Podcast for Kids

Explains Coronavirus for kids, available in English and Spanish

<http://www.sciencepodcastforkids.com/blog>

Free children's book in Spanish

To help children and adults talk about Coronavirus (with useful parent guide)

<https://www.copmadrid.org/web/publicaciones/rosa-contra-el-virus-cuento-para-explicar-a-los-ninos-y-ninas-el-coronavirus-y-otros-posibles-virus>

ACTIVITIES FOR AT HOME LEARNING

Khan Academy

Offers school closure resources; wide range of learning activities

<https://www.khanacademy.org/>

Prodigy

Math games

<https://play.prodigygame.com/>

Mystery Doug

K-5 Science lessons

<https://mysterydoug.com/>

Nitro Type

Online typing game

<https://www.nitrotype.com/>

Typing Club

Online typing instruction

<https://www.typingclub.com/>

History for Kids

Free history network for kids

<https://www.historyforkids.net/>

Scholastic

Fun online learning for pre-k through grade six and beyond

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

Virtual field trips

<https://www.discoveryeducation.com/community/virtual-field-trips/>

Virtual tours of 12 museums

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

NASA Kids Club

Grade k- 12 activities

<https://www.nasa.gov/kidsclub/index.html>

Starfall Prek-3 literacy and math
For struggling/ reluctant readers
starfall.com

Kids National Geographic
Fun learning activities
<https://kids.nationalgeographic.com/>

Into the Book
Fun reading strategies
<https://reading.ecb.org/>

Seussville
Reading/ games/ videos
<https://www.seussville.com/>

Highlights
Learning games and apps
<https://www.highlightskids.com/>

Story Online
<http://storyonline.net/>

RESOURCES FOR STRETCHED FAMILIES

211.Org
Resources for families
<http://211.org/services/covid19>
<http://211.org/services/essential-needs>

INTERNET

Spectrum
Offering free internet access to homes with students
<https://www.wvlt.tv/content/news/Spectrum-offering-free-internet-access-to-homes-with-students-568797021.html>

Comcast
Free internet for kids who get reduced school lunches
<https://internetessentials.com/>

ART ACTIVITIES & INSPIRATION

Meri Cherry

Process art projects and activities for kids

<https://mericherry.com/2015/09/28/50-process-art-activities-for-kids/>

The Artful Parent

Spring activities for kids

<https://artfulparent.com/30-spring-activities-for-kids/>

Mo Willems (author of the popular “Elephant & Piggie” and “Pigeon” series)

Daily live doodle with kids

<https://www.kennedy-center.org/education/mo-willems/>

Arts and Culture

Museum tours and more

<https://artsandculture.google.com/>

<https://chesapeakefamily.com/fun/fun-stuff-to-do/9901-virtual-field-trips-kids-can-explore-the-world-from-home>

<https://www.google.com/amp/s/www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours%3famp=true>

McHarper Manor

Art classes on line

<https://www.mcharpermanor.com/>

Lani Rosen (local yoga instructor)

Free online yoga classes for children and families twice daily

<https://www.crowdcast.io/e/yogawithfullofjoyoga/register>

Yoga Online

Free yoga classes

<https://theyogashop.us/>

BOARD & CARD GAMES

Checkers

Candyland

Chutes & Ladders

Uno

War

Sorry

Chess

Zingo

Jenga

Monopoly

Cootie

BOOKS & STORYTELLING

Inclusive Storytime

Information about picture books with characters as well as authors and illustrations with diverse backgrounds

www.inclusivestorytime.com

For purchase

www.amazon.com/shop/inclusivestorytime

Stories from Space

Features videos and access to books

<https://storytimefromspace.com>

Storyline Online

Children's stories read by famous people

<https://www.storylineonline.net/>

Front Range Downloadable Library

Options to borrow books

<https://frontrange.overdrive.com/library/kids/>

Mindheart COVIBOOK

Printable activities in several languages

<https://www.mindheart.co/descargables>

Children's Psychological Health Center

Guided activity workbooks

<http://www.childrenspsychologicalhealthcenter.org/resources/guided-activity-workbooks/>

People Get Ready Book Store

9:00 a.m. Daily live children's books readings

https://m.facebook.com/story.php?story_fbid=219789176060650&id=108846517154917¬if_t=page_post_reaction¬if_id=1584106479078519&ref=m_notif

COOKING ACTIVITIES & INSPIRATION

Cooking with children

<http://spatulatta.com/>

Playdough Recipes

Original recipe <https://livingwellmom.com/easy-homemade-playdough-recipe/>

Gluten Free recipe <https://livingwellmom.com/easy-gluten-free-playdough/>

Slime Recipe

<https://preschoolinspirations.com/make-slime/>

COOL SITES, PODCASTS & APPS

PBS Kids

English and Spanish ages 4-7- games/ videos/ learning activities

pbskids.org

Wow in the World Podcast

Journey into the wonders of the world

<https://www.npr.org/podcasts/510321/wow-in-the-world>

Meditation App

Guided meditations, stories, music & more

<https://www.calm.com>

Anti-Coloring Book info & app

<https://youngatartllcdotcom.wordpress.com/my-apps/>

5 scavenger hunts with free pintables

<https://www.themanylittlejoys.com/preschool-scavenger-hunts/>

8 sorting activities with things you likely have at home

<https://busytoddler.com/2015/12/8-simple-sorting-activities/>

Day-by-day projects to keep kids reading, thinking, and growing

<https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k.html>

Foundational preschool skills

<https://www.naeyc.org/our-work/families/tips-tablets-and-apps-early-childhood-classroom>

Foundational preschool skills

<http://www.agnitus.com/>

MEDIA GUIDES

Expert reviews, objective advice & helpful tools

<https://www.common sense media.org/about-us/our-mission>

Child Study Center Social Work Fellows

Website of activities related to nature that can be done at home either inside or outside

<https://sites.google.com/view/mighty-oaks/>

BENEFITS INFORMATION

Unemployment Insurance Expansion

The CT Dept. of Labor (DOL) is announcing modifications to unemployment insurance to help protect workers during this difficult time. Specifically, CTDOL is suspending the requirement that workers applying for new unemployment benefits directly impacted by the COVID-19 pandemic be actively searching for work.

Moratorium on Utility Shut-Offs:

The CT Public Utilities Regulatory Authority (PURA) has ordered a moratorium on all utility shut-offs. Specifically, PURA has ordered the gas, electric, and water public service companies it regulates to implement a shut-off moratorium and refrain from terminating utility service to residential customers, except for reasons of public safety, for a 30-day period subject to renewal to ensure all residents may safely remain home during the epidemic.

Expansion of AccessHealth CT Benefits

The Office of Health Strategy Executive Director Vicki Veltri is reminding all CT residents that any worker in the state who receives health insurance through their employer, becomes unemployed, and loses minimum essential coverage or receives COBRA – whether it is due to the COVID-19 outbreak or otherwise – qualifies all year-long for open enrollment through AccessHealthCT, the state's health insurance marketplace. Those interested in applying can find more information at <https://learn.accesshealthct.com/special/>

A Resource for Uninsured Families

https://www.nbcconnecticut.com/news/coronavirus/access-health-connecticut-announce-new-enrollment-period-for-uninsured-residents-amid-coronavirus-concerns/2240649/?_osource=SocialFlowFB_CTBrand&fbclid=IwAR23oJ833zyUt4ziHepj-zUwVG-Hi4mqLmxCiRgTbmDdsBkKIOER4v40Rzw

FOOD RESOURCES

New Haven Public Schools

Food distribution sites

https://www.nhps.net//cms/lib/CT50000447/Centricity/Domain/67/Meal_Distribution_Sites_FINAL_03-13-2020.pdf

Cheshire Public Schools

Meals for kids

<https://sites.google.com/cheshire.k12.ct.us/continuityofeducation/food-nutrition>

Feeding America

Find your local foodbank

<https://www.feedingamerica.org/find-your-local-foodbank>

CT Foodbank

<http://www.ctfoodbank.org/>

211 of CT

<https://www.211ct.org/>