# SUPPORTING CHILDREN DURING COVID-19

## ONLINE RESOURCES

As COVID-19 continues to spread globally and impacts families socially, emotionally, physically, educationally, and financially, our sense of well-being and safety is challenged. In this difficult moment, it's especially imperative that teachers, principals and parents work together to educate and care for our children. Below is a list of websites and articles that focus on the emotional well-being of children of all ages as well as parents and caregivers. We are sharing this as a resource. Inclusion on this list does not entail any commercial endorsements.

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## COMMUNICATING WITH CHILDREN

### Talking with Children about Coronavirus Disease 2019
**Centers for Disease Control and Prevention**

This site offers guidelines for talking with children as well as links to the CDC for updates and facts about COVID-19.

### Working and Learning from Home during the COVID-19 Outbreak
**American Academy of Pediatrics**

This resource offers tips and guidelines for families during the COVID-19 outbreak, including the topic of appropriate screen time for children. The website also includes links to view content in Spanish.

### Talking to and Supporting Children During a Pandemic
**American Academy of Pediatrics**

In this webinar, Dr. Schonfeld outlines effec-tive communication strategies to help clinicians and parents as they talk with their children about COVID-19.

### Talking to Children About COVID-19: A Parent Resource
**National Association of School Psychologists**

This site is a resource for parents about communicating with children, how to address their questions, and some practical information about hygiene.

### How to Talk to Your Child About COVID-19
**UNICEF**

This article offers eight tips for parents to comfort their children during the outbreak. For example: "Be honest: Explain the truth in a child-friendly way."

The Spire Leadership Group is an education-focused consulting firm based in Philadelphia. Spire Leadership is led by founder and president Tim Matheney, who previously served as a high school principal, the New Jersey Department of Education's Chief Intervention Officer, and the founding Executive Director of the Philadelphia Academy of School Leaders. Spire's team includes Consulting Associate April Gonzalez, a veteran principal, assistant principal, and curriculum supervisor. Together Tim and April have more than 60 years of experience as educators and leaders. For more information on Spire Leadership, please email Tim (tim@spireleadershipgroup.com), call 732-309-2296 or visit spireleadershipgroup.com.

## CONFRONTING STIGMA

### Countering COVID-19 Stigma and Racism: Tips for Parents and Caregivers
**National Association of School Psychologists**

This site offers several tips for parents to talk about and counter stigma and racism as well as tips for ensuring children's safety and well-being.

### Reducing Stigma
**Centers for Disease Control and Prevention**

This site defines stigma related to COVID-19 and shares ways in which individuals can counter stigma.

## MANAGING ANXIETY AND STRESS

### Supporting Families during COVID-19
**Child Mind Institute**

This page includes the following topics: Coping with Coronavirus, Managing Anxiety, and Discipline and Behavior.

### Helping Children Cope with Emergencies
**Centers for Disease Control and Prevention**

This page focuses on helping children cope with a range of emergencies and includes several links to resources as well as common reactions broken down by age group.

### Managing Stress and Anxiety
**Centers for Disease Control and Prevention**

This page from the CDC also provides information about managing anxiety and stress during this time. There is a link to view content in Spanish.

### Six Ways Parents Can Support their Kids
**UNICEF**

In this article, adolescent psychologist Dr. Lisa Damour provides tips for providing comfort and a sense of normalcy for children.

### Coping with Traumatic Events
**National Institute of Mental Health.**

This site provides guidance for recognizing and coping with trauma.