



BHIPP Resilience Breaks: Talking to Kids About COVID-19

Links to Resources

Parenting in Context: *Stress and Parenting During the Coronavirus Pandemic*

- https://www.parentingincontext.org/uploads/8/1/3/1/81318622/research_brief_stress_and_parenting_during_the_coronavirus_pandemic_final.pdf

Zero to Three: *Answering Your Young Child's Questions About Coronavirus*

- <https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>

Super Healthy Kids: *At Home Flexible Daily Schedule for Kid*

- <https://www.superhealthykids.com/parenting/at-home-flexible-daily-schedule-for-kids/>

CSTS: *Discussing Coronavirus with Your Children*

- https://www.cstsonline.org/assets/media/documents/CSTS_FS_Discussing_Coronavirus_w_Your_Children.pdf

Child Mind Institute: *How to Ask What Kids Are Feeling*

- <https://childmind.org/article/how-to-ask-what-kids-are-feeling-during-stressful-times/>

NCTSN: *Supporting Children During Coronavirus*

- <https://www.nctsn.org/sites/default/files/resources/fact-sheet/supportingchildren-covid-factsheet.pdf>

Zero To Three: *Tips For Families: Coronavirus*

- <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Child Mind Institute: *Talking to Kids About the Coronavirus Crisis*

- https://childmind.org/article/talking-to-kids-about-the-coronavirus/?utm_medium=email&utm_source=govdelivery

Sesame Street: *Talking to Children About COVID-19*

- https://www.sesamestreet.org/sites/default/files/media_folders/Images/PDF3V3.pdf

Anxiety and Depression Association of America: *How to Talk to Your Anxious Child or Teen About Coronavirus*

- <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

HealthyChildren.org: *Teens & COVID-19: Challenges and Opportunities During the Outbreak*

- <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>

The Dougy Center – The National Center for Grieving Children & Families

- <https://www.dougy.org/>

Stony Brook Medicine: *Dealing with Loss During COVID-19: Helping Children and Families*

- https://www.stonybrookmedicine.edu/Crowell_Dealing_with_loss_during_COVID19

BHIPP Resources

- Consultation Line for Pediatric PCPs: 1-855-MD-BHIPP (632-4477)
- Monthly e-newsletter
 - Archive: <https://mdbhipp.org/newsletter.html>
 - Sign up here: <https://mdbhipp.org/contact.html>
- COVID-19 Resource Page: <https://mdbhipp.org/covid-19-resources.html>
- Follow us on Twitter: [@MDBHIPP](https://twitter.com/MDBHIPP)
- Like our Facebook page: facebook.com/MDBHIPP/

Shared by Participants

American Academy of Pediatrics – Comprehensive Resources on COVID-19 (See “COVID-19 Articles)

- <https://www.healthychildren.org/English/Pages/default.aspx>

Worksheets & Tools from Therapist Aid

- <https://www.therapistaid.com/worksheets/couples-gratitude-journal.pdf>
- <https://www.therapistaid.com/worksheets/my-fears.pdf>
- <https://www.therapistaid.com/therapy-worksheets/anxiety/children>