COVID 19 Pandemic resources

Single Parenting During the Coronavirus Crisis

The coronavirus crisis is tough on all families. But for single parents, having to suddenly manage kids whose schools and playgrounds are closed and whose caregivers can no longer come to work can be especially overwhelming.
Please click here for the full article

https://childmind.org/article/single-parenting-during-the-coronavirus-crisis/

Supporting your child's mental health as they return to school during COVID-19

The coronavirus outbreak has caused major disruptions to daily life and children are feeling these changes deeply. While the return to school will be not only welcome but exciting for many students, others will be feeling anxious or frightened. Here are tips to help your children navigate some of the complicated emotions they may be facing with going back to school.
A very timely article with schools opening up again across the globe. It is a series fo answers to difficult questions.

https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return?utm_source=facebook&utm_medium=organic&utm_campaign=coronavirus

Coronavirus Parenting: Managing Anger and Frustration
Parents everywhere are losing their temper and yelling at their kids. How to maintain your cool under stress.
https://childmind.org/article/coronavirus-parenting-managing-anger-and-frustration/

Coping with the anxiety of coronavirus

We're all on edge because of the coronavirus. Our daily lives have been disrupted, we aren't sure what tomorrow may bring, and for many of us the nonstop news and social media coverage isn't helping.

Our experts say that dealing with your own anxiety can be the most powerful way to make sure your kids feel secure. If you or your children are feeling worried, learning how to deal with that anxiety in a healthy way can help the whole family be more resilient, both now and when the pandemic is finally over.

Read the full article at

https://childmind.org/article/anxiety-and-coping-with-coronavirus/

Helping children cope with the changes as a result of COVID-19

Families across the country are adapting to the evolving changes in daily life caused by the COVID-19 pandemic. Most schools, places of public gathering, and nonessential businesses are closed, and parents and other caregivers are faced with helping their families adjust to the new normal. This includes trying to keep children occupied, feeling safe, and attempting to keep up with schoolwork as best as possible. None of this is easy, but it helps to stay focused on what is possible in order to reinforce a sense of control and to reassure children that they are okay, and that the situation will get better.

https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19

Parenting during coronavirus: You are enough!

The expectations for being "perfect" during quarantine can add up. The best thing we can do right now is give ourselves what our friends offer us so willingly — the reminder that we are enough.https://www.pbs.org/parents/thrive/parenting-during-coronavirus-you-are-enough

Therapists Answer Your Top Questions About Coronavirus Anxiety
https://advice.shinetext.com/articles/therapists-answer-your-top-questions-about-coronavirus-anxiety/?utm_source=Shine&utm_medium=CareForYourCoronavirusAnxiety

Self-Care in the time of COVID-19
When you're a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury. It's essential. And during this difficult time, when children are home and stress is running high, it's more important than ever. Here are five tips from our clinicians that can help. Read the full article at
https://childmind.org/article/self-care-in-the-time-of-coronavirus/

We Asked Experts How to Cope With Your Coronavirus Anxiety
Some straightforward and helpful tips.
https://advice.shinetext.com/articles/we-asked-experts-how-to-cope-with-your-coronavirus-anxiety/?utm_source=Shine&utm_medium=CareForYourCoronavirusAnxiety

Talking to your children about Covid-19
An informative and brief video with some pointers regarding talking to your children about COVID-19.
Presented by Dr. Amy Bailey from Kids First Medical Center.

https://www.youtube.com/watch?v=6RZntxVVWMw

Collaborative Proactive Solutions During COVID-19: A Coffee Chat Ross Greene - from the Thriving School Psychologist Collective.

As parents we are all facing challenges with screentime, power struggles with our children, behavior challenges due to excessive stress and feeling unsettled. This video has some fantastic ideas for managing all of these challenges. It focuses on a collaborative model that includes your children in the solution.

We hope you enjoy

https://www.youtube.com/watch?v=MwdFSc4YGKg&feature=emb_logo

'Laughter Helps the Brain Relax.' How Humor Can Combat Coronavirus Anxiety

https://time.com/5811041/laughter-humor-coronavirus/

Coronavirus: UAE group offers free online mental health consultations
Tired of being confined at home, stressed by social distancing? Is news about the COVID-19 pandemic getting to you? Well, you can now seek free-of-charge mental health consultation online.https://gulfnews.com/uae/health/coronavirus-uae-group-offers-free-online-mental-health-consultations-1.70721912

*This service is not endorsed by GEMS Dubai American Academy. This is purely for informational purposes.

Coping with Coronavirus Anxiety
This article contains some great practical tips for coping with the anxiety that you may experience due to the global situation.
https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183?fbclid=IwAR1X3UoqBa1Jyy6DKx8ZljplX9jIphxew8X0yJ3t-P30W-0Uk78RewbMSKk

Making your mental health and that of your child a priority.
A wealth of information about all things COVID-19 and how to take care of our mental health as well as that of our children. A truly fabulous website!
https://childmind.org/coping-during-covid-19-resources-for-parents/

Teenagers and Reopening: Tips for helping kids stay safe during a confusing time
It's a trying time to be the parent of a teenager. After months of being cooped up at home away from friends, unable to attend school or go out, most kids are chomping at the bit to get back to the lives they had before the pandemic. Getting teens to take safety seriously is a struggle at the best of times, and as the nation moves towards reopening, it's never been more important to ensure kids are following the rules.

https://childmind.org/article/teenagers-and-reopening/

The Art of Socializing During a Quarantine
Being cooped up at home will likely prompt feelings of loneliness no matter what, but these strategies might help make the experience less stifling.

https://www.theatlantic.com/family/archive/2020/03/coronavirus-quarantine-socializing/608020/

How to Help Teens Shelter in Place
Teens are not made for isolation, which makes COVID-19 especially hard on them. Here's how to help your teenager to see the bigger picture.

BY CHRISTINE CARTER | MARCH 20, 2020https://greatergood.berkeley.edu/article/item/how_to_help_teens_shelter_in_place