

Resources for Children and Families to Cope with COVID-19

Watching the news coverage of COVID-19 can be alarming and upsetting. Wondering how to answer childrens' questions or how much to tell them can be a difficult decision for parents. Additionally, keeping children and adolescents occupied at home while practicing social distancing, helping them keep up with their online learning, and keeping them entertained can seem like a daunting task. Below is a list of resources that you may find helpful to share with your patients, their families and yours.

Recommendations by state and government

CDC:

[When and How to Wash Your Hands | Handwashing](#)
[Prevention of Coronavirus Disease 2019 \(COVID-19\)](#)
[Protect Your Home | CDC](#)

How to talk to children about COVID-19

AACAP : [Talking to Children About Coronavirus \(COVID19\)](#)

CDC: [Talking with children about Coronavirus Disease 2019 | CDC](#)
[Mental Health and Coping During COVID-19 | CDC](#)

National Association of School Psychologists and School Nurses: [Talking to Children About COVID-19 \(Coronavirus\)](#)

National Child Traumatic Stress Network: [Parent/Caregiver Guide to Helping](#)
Other Expert Advice

[Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)
[7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](#)
[Talking To Your Kids About Coronavirus](#)
[Behavioral Health Resources for Coronavirus](#)
[How to talk to you family about COVID 19 if you are a health provider: From ICU physician Dr. David Price](#)
[Coping with Corona Virus Related Challenges](#)

NPR segment: for kids/families to learn about CoViD-19: [NPR segment](#)

Nationwide Children's articles/podcasts: How to talk to children about CoViD-19
[Nationwide Children's articles](#) and [podcast](#)

Center for the Study of Traumatic Stress: Helping homebound children: [Center for the Study of Traumatic Stress](#)

The Autism Educator: Education about Coronavirus for children with autism
[The Autism Educator](#)

Children's story about corona virus and how to protect themselves:

[The Protective Shield Against King Virus ENG.pdf](#)

Resources in other languages:

- Spanish
 - Children's story about corona virus and how to protect themselves (PDF adn youtube narration): [Coronavirus Story for Children Spanish.pdf](#)
 - [Coronavirus Story for Children Spanish Youtube](#)
 - Children's book about coronavirus and talking about their emotions : [Rosa against the virus_Spanish.indd](#)
- French: [Coronavirus Story for Children FR.pdf](#)
- Chinese: [Coronavirus Story for Children CH.pdf](#)
- Portuguese: [Conto Coronavirus crianças PORT.pdf](#)

Activities to do at home while practicing social distancing

Virtual exploring:

- San Diego Zoo live cams [San Diego Zoo Live cams](#)
- Virtual museums: [12 Museums From Around the World That You Can Visit Virtually | Travel + Leisure](#)
- Google arts and culture [Google Arts & Culture](#)
- Jazz at Lincoln Center You Tube full concerts [Jazz at Lincoln Center](#)
- Free virtual ballet lessons: [Cleveland Inner City Ballet](#)
- Watch 15 Broadway plays and musicals online: [Playbill](#)
- List of free virtual museum tours (also check your local museum): [Museum Tours](#)
- 1 hour show performed by the world's most renown Circus, Cirque du Soleil, a new show every friday:[Let's stay connected CirqueConnect](#)

Educational Shows Through Virtual Platforms:

- [Netflix](#): *Brainchild, The Who Was? Show, Julie's Greenroom* (about the arts), *StoryBots, The Magic School Bus*
- [Disney Plus](#) for children: *Brain Games, National Geographic*
- [PBS](#) for children: *Wild Kratts, Xavier Riddle, Reading Rainbow, Between the Lions, Peg + Cat*
- [Amazon Prime](#) for slightly older children: *Horrible Histories*

Books and school related materials:

- Free narrated stories: [Storyline Online](#)
- Free stories for children in which readers can follow along with the text of stories: [Storynory - Audio Stories for Kids](#)
- Virtual learning plans for children in prekindergarten to grade 9: [Teaching Remotely for Grades K - 12 | Free Resources and Strategies](#)
- Amazon Audible Free Books: [Audible Stories](#)
- Long list of educational companies offering free subscriptions: [Kids Activities Blog](#)
- Daily 2-hour educational videos about science: [The Science Mom](#)
- Educational Math Websites: 60 websites: [Listing](#)
- Audio stories for children: [Audible](#)
- Access thousands of e-books and audible books from the public library: [Libby App](#):
- 3 months free access to learn a language: [Rosetta Stone](#)

Physical Activities

- Free virtual ballet lessons: [Cleveland Inner City Ballet](#)
- Movement and mindfulness videos: [Go Noodle](#)
- Learn dance routines by watching videos: [CLI Studios](#)
- Yoga, mindfulness and relaxation for kids aged 3+: [Cosmic Kids Yoga](#)

Home School

- [Khan Academy: Daily schedules for various ages during school closure](#)
- [Life skills tool: helps teach kids life activities from telling time to paying taxes](#)
- [A Guide to Homeschooling](#)
- New York City Public Schools Guide [Learn at Home for All Students](#)
- New York Times article [How to Home School During Coronavirus](#)

Mindfulness and coping skills for youth and parents

- Art projects with Mo Willems: [LUNCH DOODLES with Mo Willems!](#)
- UCLA Free Guided : [Meditations and Wellness Meditations - UCLA Mindful Awareness Research Center - Los Angeles, CA](#)

- DeStress Monday: [Quick Stress Relief Practices](#)

Social resources during time of social distancing

Nutrition Options for low income families

- [Free Meals](#)
- [Food Bank NYC:](#)
- [Disaster Supplemental Nutrition Assistance Program \(D-SNAP\)](#)
- [NYC D-SNAP page](#)
- [SNAP/Food Assistance](#)
- [WIC](#)
- [Soup Kitchens / Food Pantries by Borough](#)
- [Invisible Hands: Safe, free deliveries for NYC's most at-risk community members.](#)

Free wifi

- At home
 - Comcast: offering Essentials internet service designed for low-income families free for 60 days for new qualifying customers. Visit [Internet Essentials from Comcast](#) for more information. Call 1-855-8-INTERNET for set up.
 - Spectrum: households with K-12 students can get free Spectrum Wifi for 60 days (including free installation for new customers). Call 1-844-488-8395 for set up.
- On the go
 - Comcast: Xfinity WiFi hotspots will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit [Xfinity® WiFi by Comcast | Wireless Internet on the Go](#).
 - AT&T is providing free access to its public WiFi hotspots. Look for “att-wifi” or “attwifi” in the list of available wireless networks from your smartphone or laptop.

Crisis Numbers

- [NYC Well – Talk. Text. Chat. 24/7](#)
 - Call: 1-888-NYC-WELL or 1-888-692-9355 Text: Text WELL to 65173
 - English: 1-888-NYC-WELL (1-888-692-9355)
 - Press 2 Call 711 (Relay Service for Deaf/Hard of Hearing)

- Español: 1-888-692-9355, Press 3
- 中文: 1-888-692-9355, Press 4
- Interpreters are available for 200+ languages.
- [Disaster Distress Helpline](#) Call 1-800-985-5990
- [National Domestic Violence Hotline](#) 1-800-799-7233 and TTY 1-800-787-3224
- [Crisis Text Line](#) Available 24/7 Text: Text HOME to 741741