

***This is an extremely challenging time for families. Parents are faced with homeschooling, working, and parenting all at once. Here are a few resources that might help during this time.***

### **Tips for talking with your children about the COVID-19 situation**

[Talking with children about Coronavirus Disease 2019](#)

[HealthyChildren.org - From the American Academy of Pediatrics](#)

### **Mental Health Resources**

[Mental Health and COVID-19 – Information and Resources](#)

[Mental Health Support Services Information and Resource Guide.pdf](#)

### **Self care and stress management for parents**

#### **[Free Self-Care Resources](#)**

Free Group Meditation Sessions 24 Hours a Day, 5 Days a Week at [meditatetogether.com](#)

**Short video below on managing anxiety:**

- [How to manage uncertainty and anxiety: mindfully taking one day at a time \(Coronavirus Anxiety #4\)](#)

### **Creating a visual schedule for special needs students/early ES students**

Webinar: <https://consciousdiscipline.com/e-learning/webinars/visual-morning-schedule>

Printable resources <https://consciousdiscipline.com/free-resources/type/covid-19/>

### **Fun things to do**

Free books on Audible: <https://stories.audible.com/start-listen>

[51 Recipes to Cook With Your Kids](#)

Free exercise classes: [YMCA Virtual Classes](#)

[Movement Apps, Games, and Websites](#)

[Free Activity Book for all ages](#)

### **How to make a mask**

[Mask Making Resources](#)

[https://www.youtube.com/watch?v=RuerfcxDbmU&feature=emb\\_title](https://www.youtube.com/watch?v=RuerfcxDbmU&feature=emb_title)

[https://www.youtube.com/watch?v=M0E9dGZaAbA&feature=emb\\_title](https://www.youtube.com/watch?v=M0E9dGZaAbA&feature=emb_title)

*Best wishes for your family!*

-Sheila Pope, LCSW, C-SSWS: [Sheila\\_Pope@ccpsnet.net](mailto:Sheila_Pope@ccpsnet.net)

Curtis Elementary School /Thomas Dale High School School Social Worker