

Coronavirus: Resources for Parents & Kids

Short Videos

Coronavirus: How to Talk to Kids by Nemours Kids Health

https://www.youtube.com/watch?v=JDtXTiNT_E&fbclid=IwAR2oMdG9eTI3SBHnj0ZcCzrBvoOOxdHDp8j0p7sMk8kFuOhNq7PPJKgLqpU

Book & Video: Once I was Very, Very Scared https://www.youtube.com/watch?v=tXOgvchh_Lc

Book & Video: Just Stay Inside:

https://m.youtube.com/watch?v=DA_SsZFYw0w&fbclid=IwAR2ZNtG165VNi0DyjV10AkgPzSOqRZ_6pVj3G32mXqSVJN2L15THq_jWKml

Being Your Best Selves During Turbulent Times

https://cpeip.fsu.edu/webinars/Mimi_BeYourBestSelf_PPT.mp4.mp4

Sweet Caroline and wash your hands: <https://twitter.com/NeilDiamond/status/1241584423927074818?s=20>

Articles

https://ohblessyourheart.wordpress.com/2020/03/18/pandemic-survival-guide-throw-all-advice-in-the-garbage/?fbclid=IwAR2dBRGCF2uJUrru_Qs2Y8zfaGc8gV7_fOcZl6lKWWVKGWelwVTe8sr5M

https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c_story.html

<https://www.tallahassee.com/story/life/family/2020/03/17/helping-children-deal-stress-coronavirus/5063026002/>

Is there a right way to worry about coronavirus? And other mental health tips

<https://www.theguardian.com/us-news/2020/mar/19/coronavirus-anxiety-mental-health-wellbeing>

Manage Anxiety & Stress: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Feeling our worst fears, trying to be our best selves.

<https://www.heraldtribune.com/opinion/20200321/feeling-our-worst-fears-trying-to-be-our-best-selves>

Coping with Stress During Infectious Disease Outbreaks <https://store.samhsa.gov/system/files/sma14-4885.pdf>

Taking Care of Your Emotional Health: <https://emergency.cdc.gov/coping/selfcare.asp>

Helping Children Cope with Emergencies: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

There is a Native American blessing that goes something like this: “We give thanks for blessings seen and unseen, and those that are on their way.” Stay well, my friends.