

# Family List of Resources

## I. Resources for Talking to Children about Coronavirus

### **Autism Speaks**

What should the autism community know about the coronavirus outbreak?

<https://www.autismspeaks.org/science-news/what-should-autism-community-know-about-coronavirus-outbreak>

### **Center for Disease Control (CDC)**

Offers general suggestions for speaking with children about COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

### **Harvard University**

Talking to Kids about the Coronavirus

[https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111?utm\\_source=Children%27s+Health+Fund+General+Interest+Group&utm\\_campaign=8ca2b74044-EMAIL\\_CAMPAIGN\\_2020\\_03\\_09\\_05\\_53&utm\\_medium=email&utm\\_term=0\\_7170cf1ef7-8ca2b74044-105455437&fbclid=IwAR33XoKDb2Z9KVC71HPKh2DNVnz3\\_C79TGD9Y3-nF5BH5eM4oDy6kyMcfY](https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111?utm_source=Children%27s+Health+Fund+General+Interest+Group&utm_campaign=8ca2b74044-EMAIL_CAMPAIGN_2020_03_09_05_53&utm_medium=email&utm_term=0_7170cf1ef7-8ca2b74044-105455437&fbclid=IwAR33XoKDb2Z9KVC71HPKh2DNVnz3_C79TGD9Y3-nF5BH5eM4oDy6kyMcfY)

Provides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties.

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent\\_caregiver\\_guide\\_to\\_helping\\_families\\_cope\\_with\\_the\\_coronavirus\\_disease\\_2019-sp.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019-sp.pdf)

### **KQED (Public Radio Station in San Francisco California)**

How to talk to Your Kids about the Coronavirus (Adults)

[https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?utm\\_source=LINKEDIN\\_COMPANY&utm\\_medium=social&utm\\_term=20200310&utm\\_content=3190319287&utm\\_campaign=WGBH](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?utm_source=LINKEDIN_COMPANY&utm_medium=social&utm_term=20200310&utm_content=3190319287&utm_campaign=WGBH)

### **National Association of School Psychologists (NASP)**

Talking to Children about Coronavirus: A Parent Resource in English and Spanish, Amharic, Chines, Korean, French and Vietnamese (Adults)

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

### **PBS Kids - Daniel Tiger**

How to Talk to your Kids about the Corona Virus

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR25US4rQP8hhGYiD4SgKmQPIwYK9pLyMULIIQOTnvfKuRz0a-HMYaWKWcU>

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

Coping with Stress During Infectious Disease Outbreaks (Adults)

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

### **Zero to Three:**

Tips for Families: Talking About the Coronavirus

[https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus?fbclid=IwAR3\\_bcWaZ3gAn6fRyT39wROMUtV\\_exoCBeXXdjW1A0tgDlnQ65fxgRDaaKA](https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus?fbclid=IwAR3_bcWaZ3gAn6fRyT39wROMUtV_exoCBeXXdjW1A0tgDlnQ65fxgRDaaKA)

## **II. Guides for Supporting Children During Stressful and Traumatic Times**

### **Child Mind Institute**

Trauma Guides -Free, multilingual downloads of Child Mind Institute resources to help communities in the wake of tragic events <https://childmind.org/our-impact/trauma-response/guides/>

### **National Center for Traumatic Stress Network (NCTSN)**

Helping Families Cope with Coronavirus (English and Spanish)

Provides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties. This resource will help parents and caregivers think about how an infectious disease outbreak might affect their family— both physically and emotionally—and what they can do to help their family cope.

<https://www.nctsn.org/resources/informacion-en-espanol>

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent\\_caregiver\\_guide\\_to\\_helping\\_families\\_cope\\_with\\_the\\_coronavirus\\_disease\\_2019-sp.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019-sp.pdf)

### **Teaching Pyramid**

Tips for Supporting Children's Social and Emotional Skills

<https://cainclusion.org/teachingpyramid/materials/family/>

### **III. Books for Children**

#### **Gabi Garcia (2017) *Listening to My Body*. Skinned Knee Publishing.**

Guides children through the practice of naming their feelings and the physical sensations that accompany them. This book helps children develop a sensations vocabulary so that they can express what they are experiencing. Easy, kid-friendly mindfulness activities are woven throughout to reinforce the teachings.

#### **Chandra Gosh Ippen (2017). *Once I was Very, Very Scared*. Piplo Productions.**

A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways. Turtle hides and gets a tummy ache, monkey clings, dog barks, and elephant doesn't like to talk about it. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings. This story was written to help children and grown-ups understand how stress can affect children and ways to help them.

#### **Melissa Moses (2015). *Alex and the Scary Things: A Story to Help Children Who Have Experienced Something Scary*. Jessica Kingsley Publishers.**

Alex the alligator, who has experienced 'scary' things, talks about how this affects him and how he copes.

#### **Autism Educator (Social Story)**

<https://theautismeducator.ie/2020/03/11/corona-virus-social-story/>

#### **Scripted Story for Children to Identify, Express and Regulate Big Emotions**

<https://www.optimalbrainintegration.com/scripted-stories>

### **IV. APPs**

#### **Trigger Stop: Sensory and Emotional Check-In**

Designed for children developmentally ages 3-8 years (Free 22 minute video and user guide on website at <https://www.optimalbrainintegration.com/app-1>) This smartphone/tablet APP is intended for use for children who might not be able to access their words when their emotions are intense, and they become dysregulated in the moment. Whether a result of a trauma

trigger or emotional trigger in that moment, a child may not have access to the executive parts of their brain in charge of reasoning, logic or words. The APP can be used to help a child communicate what they are feeling, experiencing emotionally or the sensations in their body during that emotional charge. An adult who tunes in to how a child feels can better help them calm and regulate their emotions. Sometimes they do not know or cannot access words when dysregulated. This gives them an opportunity to share what they may be experiencing by dragging images that match their internal state of sensations and emotions.

**Free. Apple Link:**

[https://apps.apple.com/app/id1471734140?fbclid=IwAR3ORVjdMvrWrzMjRp8GGr2fC\\_Sca7EG9FNyR9Hp2OIZCK5Pc-Ks6jq\\_UhA](https://apps.apple.com/app/id1471734140?fbclid=IwAR3ORVjdMvrWrzMjRp8GGr2fC_Sca7EG9FNyR9Hp2OIZCK5Pc-Ks6jq_UhA)

**Free. Android Link:**

[https://play.google.com/store/apps/details?id=com.juliekurtz.android.bodydraw&hl=en\\_US](https://play.google.com/store/apps/details?id=com.juliekurtz.android.bodydraw&hl=en_US)

**Stop, Breath, Think** (Older Children and Adults)

Check in with how you are feeling, and try short activities tuned in to your emotions and to provide self-regulation.

<https://www.stopbreathethink.com/>

**Settle Your Glitter** (Children)

Supports Children to Promote Breathing and Regulation

<https://www.google.com/search?q=settle+your+glitter+app&og=settle&aqs=chrome.0.69i59j0l6j69i60.967j0j4&sourceid=chrome&ie=UTF-8>

**Calm** (for Adults)

The#1 app for Sleep, Meditation and Relaxation.

<https://www.calm.com/>

**Help Kids Cope**

**V. Videos**

**Sesame Street in Communities on Trauma in English and Spanish**

Provides resources, videos and activities to support children who have experienced trauma.

<https://sesamestreetincommunities.org/topics/eltrauma/>

<https://sesamestreetincommunities.org/topics/traumatic-experiences/>

**Sesame Street Belly Breathing**

Helps children to learn how to use their breath to regulate big emotions.

<https://mail.google.com/mail/ca/u/0/#inbox/FMfcgxwHMPdRjKSLBcKqCGRTkshqfNnG?projector=1>

**Help Kids Create Safe Space Activity**

The Big Idea: Being able to use your imagination to create a safe place inside is a powerful strategy. Here's how to guide kids in imagining their own safe place.

<https://sesamestreetincommunities.org/activities/safe-place-provider/>

### **Scripted Story (Children)**

Helps children identify emotions, express them and to find strategies to regulate back to calm. Free downloadable scripted story that can be individualized with photos of your own children.

<https://www.optimalbrainintegration.com/scripted-stories>

### **Sensory and Emotional Check-In (Children)**

Free downloadable resource that helps adults support children in communicating sensations in their body and feelings. There is a free APP that can alternatively be used OR a free 16-page user guide and 22-minute video lesson on sensory and emotional literacy for children ages 3-8.

*App, Downloadable PDF, User Guide and Video can all be accessed at:*

<https://www.optimalbrainintegration.com/app-1>

## **VI. Resources to Support Adults During Stressful Times**

### **Tips for Adult Anxiety Management During COVID-19**

<https://www.optimalbrainintegration.com/post/corona-viral-anxiety-management>

## **VII. Activities to Do with Children at Home**

### **Illinois Early Intervention Clearinghouse**

Many early intervention (EI) programs, CFC offices and providers around our state may have suspended in-person visits, or families may have limited visits because of their own health concerns. However, infants, toddlers and their families can keep working on EI outcomes. The EI Clearinghouse has put together this set of selected tip sheets with ideas about how infants and toddlers can keep learning during play and daily routines.

<https://eiclearinghouse.org/resources/trying-times/>

### **Scholastic:**

Even when schools are closed, you can keep the learning going with these special cross-curricular journeys. Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video. Kids can do them on their own, with their families, or with their teachers. Just find your grade level and let the learning begin!

<https://classroommagazines.scholastic.com/support/learnathome.html>

### **Yoga for Children**

Kid Yoga videos are giving teachers and parents an incredible tool to help children learn to: manage stress, increase confidence, build concentration and gross motor skills.

<https://preschoolinspirations.com/kid-yoga-videos/>.