



## **Websites for Parents**

### **NAMI Mental Health Coping Strategies**

<https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies>

### **NAMI Guide for COVID**

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

### **CHILD MIND INSTITUTE (English and Spanish)**

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

### **HOW TO TALK TO CHILDREN:**

**Something Strange Happened in My City: A COVID-19 Social Story for Young Children** (Dr. Shu-Chen Jenny Yen, California State University, Fullerton)

[https://fdafdaa5-78a3-4b52-a60c-bbc1ed5e8667.filesusr.com/ugd/d4e6d3\\_e6d1e88990374bd59c9de2b3b273e47f.pdf](https://fdafdaa5-78a3-4b52-a60c-bbc1ed5e8667.filesusr.com/ugd/d4e6d3_e6d1e88990374bd59c9de2b3b273e47f.pdf)

### **PBS**

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

### **National Association for School Psychologist**

[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)

<https://www.nytimes.com/2020/03/17/parenting/coronavirus-kids-talk.html>

### **Psychological First Aid Online**

<https://learn.nctsn.org/enrol/index.php?id=38>

**Copying with Stress During Infectious Disease Outbreak**

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

**Parent Handout on How to Talk to Children About the COVID19**

[https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020\\_NASP\\_NASN\\_COVID-19\\_parent\\_handout.pdf](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf)

**Tips for Survivors: Copying with Traumatic Events.**

[https://store.samhsa.gov/system/files/pep19-01-01-002\\_0.pdf](https://store.samhsa.gov/system/files/pep19-01-01-002_0.pdf)

**Link from The National Child Traumatic Stress Network:** this is a direct link to the all PDF resources, they have very specific pdf about how to help children and parents to cope with disasters, just keep scrolling down once you go to the link.

[https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery/nctsn-resources?search=children&resource\\_type=All&trauma\\_type=All&language=All&audience=All&other=All](https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery/nctsn-resources?search=children&resource_type=All&trauma_type=All&language=All&audience=All&other=All)

**Resources for Chicago Parents**

[Resources for Chicago\(land\) Families During COVID-19 Shutdowns](#)