

Talking to Your Child about the Coronavirus

CDC: Helping Children Cope with Emergencies:

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

En Espanol: <https://www.cdc.gov/childrenindisasters/es/helping-children-cope.html>

Parent Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19)

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Talking to Kids About the Coronavirus: Kids worry more when they're kept in the dark

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

How to Talk to Your Anxious Child About the Coronavirus: Showing anxiety who is the boss during this time of uncertainty.

https://www.psychologytoday.com/us/blog/anxiety-is-not-the-boss/202002/how-talk-your-anxious-child-about-the-coronavirus?fbclid=IwAR14L9ur1AU3IQq-W7ROI9G_26fN_RjFS3nhbAb6QVmeF1jCCLAkgeIMTzU

How to have a panic-free conversation with your kids about the coronavirus

https://theweek.com/articles/892668/how-have-panicfree-conversation-kids-about-coronavirus?fbclid=IwAR16cD7Khu4pte15xGueJnzeDYsDgQ0zZBtQNgi8AgR_21m_Pfp_IgVw2NQ

How to Talk to Your Kids About the Coronavirus Outbreak

https://time.com/5776857/how-to-talk-to-kids-coronavirus/?fbclid=IwAR2A0OYzihAI11GVPzqKia0mgowPzoAoYm-bai_Vb-sGdh6vzasb_R6Jymq

BrainPOP Video Explaining Coronavirus

https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?fbclid=IwAR1A9x4YPJDTcYhI47btCv-wWlQ7Z27psSILIUjp0f0-A_41wVzzQsv_6jQ

Just For Kids: A Comic Exploring The New Coronavirus

https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?fbclid=IwAR2y_VNc4WV_nvtwuYKbQWcivNrQXNyiSJ9gEvMJJaQ_Mi8V9DNtVdk38eZY

Chinese Language

Video: <https://www.npr.org/sections/goatsandsoda/2020/03/06/811752935>

En Espanol:

<https://www.facebook.com/picatv/photos/pcb.2741040492617777/2741039695951190/?type=3&theater>

For Teens and Tweens:

Talking to Teens and Tweens about

Coronavirus: <https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>

5 Ways to Help Teens Manage Anxiety about the

Coronavirus: <https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>