

There's no playbook for parenting in a pandemic, but we've compiled some resources to help.

[Covid Coach](#)

A tool for reflection, guided-meditations, and other wellness activities created by the U.S. Department of Veterans Affairs (VA). The suggestions and resources are targeted to COVID-related challenges but are relevant for handling stress at any time. Kids can save reflections, images, words, and ideas within the app on the device, and they can set push notifications to remind them to complete exercises or check in on the app.

[The Child Mind Institute Coping During Covid 19](#)

This independent non-profit focuses on all aspects of child and adolescent mental health. Helpful resources include a [downloadable parent guide](#), information on Covid-based [anxiety](#) other supportive offerings including:

- [Facebook Live video chats with expert clinicians \(4:30pm M-F\)](#)
- [Remote evaluations, telehealth and flat-fee phone consultations for parenting questions](#)
- [Tips for parenting during the crisis, via email](#)
- [CrisisLogger, a community research initiative collecting messages from parents, educators and frontline professionals](#)

Helpful articles:

[How to Help Your Child Cope with the Back-to-School Transition](#)

Excellent tips that include naming worries (“name it to tame it”); creating an action plan; and more

[How to Build Children's Resilience and Your Own Amid Coronavirus Unknowns](#)

Includes tips on creating at-home conditions that help kids be more resilient to challenges.

[4 Tips to Help Kids Cope with Covid 19 Anxiety](#)

Focuses on the 4 skills we can teach kids, including respecting dangers, respecting others, making good choices, and learning to accept ambiguity.

[Parents Need Stress Relief, Too](#)

Tips on coping with your own stress and anxiety.

PBS KIDS provides free resources to support families of young children:

Additional Information Disclaimer: The information provided should serve only as a resource and should not substitute a health professional. Always seek the advice of your mental health professional or other qualified provider with any questions you may have regarding mental health. Never disregard professional advice or delay in seeking it because of something that you read on this resource guide. If you are in a crisis or you think you may have an emergency, call your doctor or 911 immediately. If you are having suicidal thoughts, call 1-800-273-TALK (8255) to talk to a skilled, trained counselor at a crisis center in your area at any time (National Suicide Prevention Lifeline).

The PBS KIDS 24/7 channel for kids ages 2-8, the PBS KIDS Video app, the PBS KIDS Games app, and PBS KIDS for Parents which offers information, activities, and tips for parents, including "How to Talk to Your Kids About Coronavirus."

[Parent Resources, Tips, and Advice](#)

[How to Talk to Your Kids About Coronavirus](#)

[How You and Your Kids Can De-Stress During Coronavirus](#)

[Helping Kids Navigate Scary News Stories](#)

[Helping Children with Tragic Events in the News](#)

Parenting Webinars:

[Parenting and Coronavirus Webinar March 15, 2020](#)

Authors Julie Lythcott-Haims, Cara Natterson, Lori Gottlieb, Tina Payne Bryson, Katherine Reynolds Lewis and Deborah Reber give advice on parenting in the coronavirus era. The panelists offered practical advice to parents about what to say to children of all ages to explain the risks, the family's need for safety, and our responsibility as members of the community.

[Experts Discuss How to Calm Back-to-School Anxieties during Covid-19](#)

UC Davis pediatric clinical psychology experts discuss different aspects of back-to-school anxiety, and how to help kids of all ages adjust.