

## **COVID Related Resources**

### 1. Children's Oncology Group

<http://www.survivorshipguidelines.org/>

## **Resources for Family**

- Montifiore webinar: Anxiety & COVID-19: <https://vimeo.com/398138843/b4dc58fcf5>
- 7+7 Strategies for Working From Home During COVID-19: How to successfully juggle work and kids without dropping any. <https://www.psychologytoday.com/us/blog/biofeedback-and-mindfulness-in-everyday-life/202003/77-strategies-working-home-during-covid-19>
- COVID-19 Anxiety: Control your Controllables. Calm your own anxiety about COVID-19 so that you can support your children. <https://www.psychologytoday.com/us/blog/lifetime-connections/202003/covid-19-anxiety-control-your-controllables>
- " 'Psychology Works Fact Sheet': Working from Home During COVID, With and Without Children" published by the Canadian Psychological Association:

[https://cpa.ca/docs/File/Publications/FactSheets/PW\\_COVID-19\\_Working%20from%20Home.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PW_COVID-19_Working%20from%20Home.pdf)

### **Anxiety Canada resource:**

<https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>

### **Dr. Laura Connors CTV Atlantic news video link re: tips for talking to children/youth about COVID-19:**

<https://atlantic.ctvnews.ca/video?clipId=1924734>

•

### **Mindful Moments to Calm Stress (10 minutes or less)**

- Headspace App is free til the end of 2020 for anyone with an NPI number.  
[www.headspace.com/health-covid-19](http://www.headspace.com/health-covid-19)

### **Talking with Children**

- NPR
  - [Just for Kids: A Comic Exploring The New Coronavirus](#)  
A resource for children about coronavirus, what it is and how to protect oneself.
- National Association of School Psychologists
  - [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)  
A resource for parents on how best to talk to children about the coronavirus.
- Psychology Today
  - How to Talk to Your Kids about COVID-19. 7 practical steps for helping your children feel safe, not scared. <https://www.psychologytoday.com/us/blog/hope-resilience/202003/how-talk-your-kids-about-covid-19>
- New York Times
  - [Talking to Teens and Tweens about Coronavirus](#)  
This article details advice from experts on how parents can help teens be prepared and have the right information about the coronavirus.
- SAMHSA
  - [Talking with Caregivers, Parents. And Teachers during Infectious Disease Outbreaks \(PDF, 12.8MB\)](#)  
Resource provides helpful information how to talk with children of different age groups.
- The National Child and Traumatic Stress Network
  - [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\) \(PDF ,144KB\)](#)  
This resource provides information for parents and caregivers about outbreaks, how they can prepare to reduce stress and anxiety, how it may affect your family both physically and emotionally and ways to cope.
- Social stories to help children with Autism understand Covid-19:  
<https://www.autismlittlelearners.com/search/label/COVID-19>

## **Activities for Children and Families**

### **Free on-line school / learning programs for children and adolescents:**

- <https://outschool.com/classes/introduction>
- <https://classroommagazines.scholastic.com/support/learnathome.html>
- <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- [Join the virtual classroom at Metroparks and Cleveland Zoo](#)

### **Free university courses for parents:**

- <https://www.classcentral.com/collection/ivy-league-moocs>

### **Mindful Activities for the Whole Family (tips, strategies, games, YouTube, links, resources)**

- <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

### **Free meals:**

- <https://www.news5cleveland.com/news/continuing-coverage/coronavirus/local-coronavirus-news/heres-a-list-of-local-school-districts-providing-meals-to-kids>

### **Free on-line fitness programs through Planet Fitness:**

- <https://www.facebook.com/planetfitness>

### **Comprehensive site with links to many virtual activities:**

- <https://healthhubsolutions.ca/patient-resources/>