



West Virginia University®

DEPARTMENT OF PSYCHOLOGY

The background of the slide is a close-up photograph of chocolate chips and nuts scattered on a grey, textured surface. The chocolate chips are dark brown and irregularly shaped, while the nuts are light brown and smaller. The overall composition is dense and textured.

# **Resources for Caregivers and Children**

# COVID-19 & YOUR CHILD



Resources on Talk to your Child About Covid-19

## TALKING COVID-19

- Social stories to read:
  - "Something Strange Happened in My City"
  - Covibook
  - Time to Come In, Bear: A Children's Story about Social Distancing
- Talking to Children about COVID-19(Coronavirus): A Parent Resource
- Talking to Children about the Coronavirus - Child Mind Institute
- How to Talk to Your Children about the Coronavirus - Harvard Health Blog
- How to Talk with Kids about COVID-19- Stanford Children's Hospital
- How to Talk to your child about COVID-19 - NDC

CLICK ON ANY  
ACTIVITY TO BE  
TAKEN TO THE  
WEBSITE!

## TALKING EMOTIONS

- Helping Children Cope with COVID-19
- Coping Skills for Children (video)
- Health Care Toolbox
- Helping My Child Cope
- Guide to Helping Families Cope
- 10 Tips to Keep the Calm at Home
- Psychological tips for children and adolescents' emotions
- Talking about Your Feelings (for kids)
- Helping Children and Adolescents Cope with Disasters

IT'S NORMAL TO FEEL SAD, STRESSED, CONFUSED, SCARED OR ANGRY DURING A CRISIS.



TALK TO PEOPLE YOU TRUST, SUCH AS FRIENDS AND FAMILY OR YOUR FELLOW COMMUNITY MEMBERS.

## OTHER RESOURCES

- COVID-19 Advice for the Public - World Health Organization (WHO)
- 2019 Novel Coronavirus - Healthy Children from the American Academy of Pediatrics
- Information about COVID-19 (Novel Coronavirus) - Seattle Children's Hospital
- Coronavirus (COVID-19) - Kids Health
- Parenting in the Time of COVID-19 - World Health Organization
- Caring for Children in Disaster - Centers for Disease Control
- Kids and COVID-19: What Parents Should Know - Yale School of Medicine
- COVID-19: What Parents Need to Know - Stanford Children's Hospital

## LOCAL RESOURCES

- COVID-19: What You Need to Know - WVU Medicine
- What You Need to Know about Coronavirus - West Virginia University Health Sciences Center
- Monongalia County Health Department

# COVID-19 & YOUR CHILD

Resources on Entertainment at Home



## BIRTHDAYS

- Host a virtual birthday party with SkyZone!
- Ask friends/family to make birthday signs a drive by your house honking.
- Put a sign up asking everyone driving to honk for the birthday kid.
- Send cupcakes with delivery to friends/family homes and host a Zoom birthday party.

CLICK ON ANY  
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## VIRTUAL PLAY DATES

- Watch movies virtually with friends with a chat box.
- Virtual Disney World Rides
- Free Weekly Activities for ages 6 months to 8
- Free 2-week day-by-day projects for grades pre-K thru 9th grade

## BUGS & ANIMALS

- Visit the Zoo



CLICK EACH  
ANIMAL FOR  
VIRTUAL ZOO'S!

- Experience life on the farm
- Bugscope
- Monterey Bay Aquarium
- Georgia Aquarium
- Polar Bear in the Tundra

## OUTER SPACE

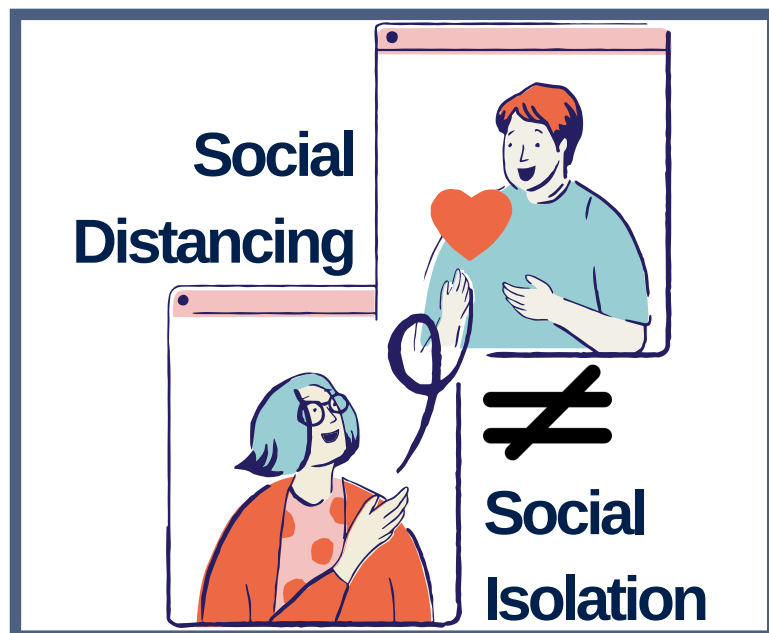
- Explore the night sky
- Story Time from Space
- NASA Library
- Take a walk on the surface of Mars
- Planetarium Tour

## VIRTUAL MUSEUMS

- The Pacific Science Center
- British Museum, London
- Louvre Museum, France
- American Museum of Natural History
- Meet dinosaurs at the American Museum of Natural History
- National Museum of Natural History
- National Museum of African American History and Culture
- Girl Museum
- National Air and Space Museum

## LANDMARKS

- Kennedy Center
- Metropolitan Opera
- The Great Wall Of China
- Ellis Island
- Statue of Liberty's crown
- Colonial Williamsburg
- Yellowstone National Park
- US National Parks



# COVID-19 & YOUR CHILD

## Academic Resources



### MATH ACTIVITIES

- Dragon Box
- Zearn
- Math Help
- Cool Math Games
- Extra Math
- i-Ready
- Khan Academy
- Scholastic
- Kids Educational Resources

CLICK ON ANY  
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### READING ACTIVITIES

- Storyline
- i-Ready
- Khan Academy
- Scholastic
- Teach Your Monster To Read
- Audible by Amazon
- Free Audio Books

### SCIENCE

- Meteorologist Chris Justus
- Explore the brain
- Science Activities

### ART & DESIGN

- McHarper Manor
- Kinder Art
- Wild, Free & Crafty
- Disney Imagineers
- Lunch Doodles with Mo Willems!

### MOVEMENT & DANCE

- Dance Without Limits
- Cosmic Kids Yoga
- Go Noodle
- Dr. Jean and Friends
- BOKS
- Cleveland Inner City Ballet
- Toccata Music Studio

### READ ALOUDS

- Sally Lloyd-Jones
- Operation ASL Storytime
- Frozen's Olaf Josh Gad Storytime
- Toccata Music Studio

### OTHER IDEAS

- How to Keep Your Kids Busy and Connected
- Simple Activities for Children and Adolescents
- 125 Ideas to Keep Kids Entertained
- COVID-19 Parenting Resources - WVU Medicine Children's
- Create a daily schedule together. Use a whiteboard, cardboard or blank printer paper, or print out an online daily calendar template. Take turns being the one who decides what to do during each block of time.
- Create an "I'm bored" list and lists ideas for what you can do when you get bored.

# COVID-19 HELP LINES



## MENTAL HEALTH

- **National Alliance on Mental Illness, Crisis Hotline**
  - Call: 800-950-6264
  - Text: NAMI to 741741 - 24/7
- **Crisis Text Line**
  - Text START to 741741
- **Girls & Boys Town National Hotline - Parenting and Child Mental Health Support**
  - (800) 448-3000
- **National Hopeline Network**
  - (800) SUICIDE
- **National Youth Crisis Hotline**
  - (800) 442-HOPE (4673)
- **SAMHSA National Helpline**
  - (800) 662-HELP (4357)
- **National Suicide Prevention Lifeline**
  - 1-800-273-TALK (8255) - 24/7

## PARENT SUPPORT

- **West Virginia Circle of Parents**
  - 304-595-7087
- **National Parent Helpline**
  - 1-855- 4A PARENT (1-855-427-2736)
- **Parental Stress Line**
  - 1-800-632-8188 - 24/7
- **Girls & Boys Town National Hotline - Parenting and Child Mental Health Support**
  - (800) 448-3000

## ABUSE

- **West Virginia Child/Adult/Domestic Violence Abuse Hotline**
  - 1-800-352-6513
- **National Child Abuse Hotline**
  - 1-800-422-4453

## ADDICTION SUPPORT

- **Helpline for West Virginians struggling with addition/mental health concerns**
  - Help4WV 844-HELP4WV - 24/7

## COVID-19 SUPPORT

- **WVU Medicine Ruby Memorial Hospital**
  - 304-598-6000, option 4
- **Monongalia County Health Department**
  - (304) 598-5100
- **West Virginia hotline**
  - 1-800-887-4304 - 24/7