

Supporting Families During COVID-19

[C childmind.org/coping-during-covid-19-resources-for-parents](https://childmind.org/coping-during-covid-19-resources-for-parents)

[Download our Parent Guide](#)

The Child Mind Institute is open and available for you and your child during this crisis. **[Click here to learn about our telehealth evaluations and treatment](#)** for ADHD, mood disorders, anxiety disorders, autism spectrum disorders and learning disorders. Click here to read our **[COVID-19 Child and Adolescent Mental Health Tipsheet](#)**.

Our supportive resources include:

- [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](#)
- **[Comprehensive resources for parents on coronavirus topics, below the video](#)**

Today's Daily Tips

[Click here for a playlist of previous Daily Tips.](#)

Click below to navigate to each section:

- [Coping With the Coronavirus Crisis: Supporting Your Kids](#)
- [Coping With the Coronavirus Crisis: Addressing Specific Concerns](#)
- [Coping With the Coronavirus Crisis: Taking Care of Yourself](#)
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Coping With the Coronavirus Crisis: Supporting Your Kids

[Helping Kids Face the Challenges of Reopening](#)

This summer will be scary for some kids, frustrating for others. How to help them deal.

Will My Child Bounce Back From the Coronavirus Crisis?

Trauma, resilience and how parents can help.

How to Help Siblings Get Along

Navigating challenges as we head into summer.

Teenagers and Reopening

Tips for helping kids stay safe during a confusing time.

Talking to Kids About the Coronavirus

Kids worry more when they're kept in the dark. Here's what to say.

Supporting Kids Through the COVID-19 Crisis

Tips for nurturing and protecting children at home.

Supporting Teenagers and Young Adults During the Coronavirus Crisis

Tips for parents with older children at home.

How to Help Your Kids Handle Disappointment

Tools for coping during the coronavirus crisis.

How to Ask What Kids Are Feeling

Ways to get insight into how your kids are handling stressful times.

How Mindfulness Can Help During COVID-19

Tips for calming anxiety during a difficult time.

Coping With the Coronavirus Crisis: Addressing Specific Concerns

How to Help Kids Sleep

There are several ways to say goodbye to bad nights.

Summer Activities for Kids With Learning Disorders

How to keep kids active and engaged.

Summer and ADHD: A Survival Guide

School's out, but children still need support and structure to thrive during the coronavirus crisis.

Anxiety and Coping With the Coronavirus

Managing worry — your kids' and your own.

Giving Kids With ADHD Support and Structure During the Coronavirus Crisis

Managing attention (yours and theirs) will help kids thrive.

Signs of Depression During the Coronavirus Crisis

Kids who seem to be stuck in a negative mood may need help to bounce back.

Screen Time During the Coronavirus Crisis

What limits are appropriate when kids are stuck at home?

Coping With Social Anxiety During Social Distancing

Helping reluctant kids stay connected.

Teaching Social Skills at Home

How kids can learn and grow during social distancing.

Coping With the Coronavirus Crisis: Taking Care of Yourself

Parenting Disagreements During COVID

Strategies to reduce conflict about staying safe.

Managing Anxiety During Reopening

With so many difficult decisions to make, some strategies to help you stay calm.

Self-Care in the Time of Coronavirus

For parents, prioritizing your own well-being benefits your whole family.

Single Parenting During the Coronavirus Crisis

Strategies for managing when you're going it alone.

Coronavirus Parenting: Managing Anger and Frustration

Parents everywhere are losing their temper and yelling at their kids. How to maintain your cool under stress.

Telehealth

Telehealth for Kids

Everything parents need to know about remote mental health treatment.

How to Find a Telehealth Provider for Your Child

Tips for parents seeking remote mental health treatment.

Autism and the Coronavirus

Resources for Families of Children on the Spectrum

From how to talk to kids with autism about the coronavirus to how to teach handwashing and develop schedules.

Remote Learning

Strategies for Supporting Learning at Home

We know how difficult this situation can be for children of any age. We offer these guidelines and strategies from our experts to help families support their children's education at this time.

Family Resources for Remote Learning

Clinicians from our Learning and Development Center have organized resources for parents who are suddenly responsible for the home school environment.

Managing Anxiety

Anxious Stomach Aches and Headaches

Anxiety in children sometimes manifest physically. Here's what to watch for.

How to Help Children Manage Fears

Tips for teaching children how to build resilience and learn to calm themselves down, even when things feel scary.

Tips for Calming Anxious Kids

Go-to techniques for coaxing anxiety-prone children out of their fears from a Mom who's been there.

How to Avoid Passing Anxiety on to Your Kids

Help yourself, and them, by learning techniques to manage stress in a healthy way.

How Anxiety Leads to Disruptive Behavior

Kids who are acting out, melting down, or being defiant may actually be seriously anxious.

What to Do (and Not Do) When Children Are Anxious

How to respect their feelings without empowering their fears.

Panic Attacks and How to Treat Them

Knowing what to look for and how to help children calm down is key.

The Power of Mindfulness

How a meditation practice can help kids (and parents) feel less anxious and more relaxed.

Discipline and Behavior

Why Do Kids Have Problems With Transitions?

A look at why being asked to switch gears is a common trigger for whining and tantrums.

How Can We Help Kids With Transitions?

With the right support, children can learn to change gears without whining and tantrums.

Three Common Parenting Traps

And tips for avoiding them.

Why do Kids Have Tantrums and Meltdowns?

Understanding why they happen can help parents head problems off before they escalate.

How to Discipline Toddlers

Setting and enforcing consistent limits is key.

How To Make Time Outs Work

Tips for using them effectively.

When Siblings Won't Stop Fighting

How parents can keep the peace and help kids learn to resolve conflicts.

Coronavirus Parenting: Managing Anger and Frustration

Parents everywhere are losing their temper and yelling at their kids. How to maintain your cool under stress

Dealing With Loss

Helping Children Cope With Grief

Tips broken down into a range of ages and experiences, and information about what to say, who should say it, what to look out for and how to help.

How to Handle Holidays After a Death in the Family

Grief can make special days harder

What Is PTSD?

The disorder looks different in children as they develop

Treatment for PTSD

There are several evidence-based therapies for young people with PTSD



Learning Resources for *Families*

Research shows that helping our students create a flexible structure <https://bit.ly/2VrBOdX> around learning is not a bad idea. Below, you will find a list of free resources to support student learning during school closures.

Comprehensive Educational Resources

- Curriculum Associates Homework Packets (K-8) <https://bit.ly/2RlXVu2>

Math

- Khan Academy, (All Grades) <https://bit.ly/3cuWWWt>
- Curriki, (High school) <https://bit.ly/3cuWWWt>
- Funbrain, (Grades K-8) <https://bit.ly/2Vd0Xc0>
- Mindsearch (Grades K-8) <https://bit.ly/3cADmYX>
- Prodigy, (Grades 1-8) <https://bit.ly/2XDHu65>
- Math Playground, (Grades 1-6) <https://bit.ly/34LL6oe>
- Splash Learn, (Grades K-5) <https://bit.ly/3aewGhr>
- Math Game Time, (Preschool-7th) <https://bit.ly/3bihiSr>
- ST Math, (Preschool-8th) <https://bit.ly/2wK9ObQ>

English

- Book Creator (Grades 3-12) <https://bit.ly/2wLBAVx>
- Adapted Mind (Grades 1-6) <https://bit.ly/2Vy9yoN>
- Classroom Secrets (Grades K-4) <https://bit.ly/34Fy0Zo>
- Mrs. S. ELA resources (Grades 9-12) <https://bit.ly/3bgfqtf>
- Perfectly Pre-K Blog (Preschool) <https://bit.ly/3elN4jk>
- Storyline Online (Grades K-4) <https://bit.ly/2VDPtgZ>
- Get Epic (Ages 0-12) <https://bit.ly/3ctmbrR>
- Flamingo Rampant (Ages 0-5) <https://bit.ly/2VBIN2G>

- Starfall (Grades K-3) <https://bit.ly/2yqn2uH>
- Open Culture Audio Books (High School) <https://bit.ly/2Kaa2w1>
- Read Write Think (Grades K-12) <https://bit.ly/2XLgG3N>
- NY Times Learning Network (Grades 7-12) <https://nyti.ms/2VdQXiG>
- Purdue Online Writing Lab (High School) <https://bit.ly/2XHuhQb>
- Audible – Stories (ages 0-18) <https://adbl.co/3eriW6j>

Foreign Languages

- Duolingo <https://bit.ly/2VewKcN>
- Conjugomos <https://bit.ly/3eviHH8>
- Spanish Children’s Stories_(Ages 0-8) <https://bit.ly/3bj4AD8>
- Bosque de fantasias (Spanish Children’s Stories – recommended for parents or students that can read Spanish) <https://bit.ly/34I76jw>

Social Studies/History

- PBS Learning Media (All Grades) <https://bit.ly/2z54lx3>
- Khan Academy (High School) <https://bit.ly/3es9G1M>
- Crash Course (High School) <https://bit.ly/2wOZOOG>
- Nat Geo Kids (Grades 3-7) <https://bit.ly/2VDJaK4>
- Google Earth (Grades 4-8) <https://bit.ly/2yqold5>
- Time for Kids (Grades K-6) <https://bit.ly/2yop7qZ>

Science

- Science Printables (Grades 6-8) <https://bit.ly/2RKv1d4>
- Toca Boca (Grades K-5) <https://bit.ly/3af61RB>
- Khan Academy (High School) <https://bit.ly/3co3tlx>
- ED Heads_(Grades 2-12) <https://bit.ly/2Vutc52>
- Periodic Videos (High School) <https://bit.ly/2yZbTRV>
- NASA Kids Club (Grades K-4) <https://go.nasa.gov/2z2oDXX>
- NASA STEM Engage_(Grades K-12) <https://go.nasa.gov/2Kbc9jd>
- Scratch Coding (Grades 3-12) <https://bit.ly/2VEIwNw>
- Code.org (Grades 4-12) <https://bit.ly/2K88HpD>
- How Stuff Works (Grades 6-12) <https://bit.ly/2ymWMB0>
- Mystery Science (Grades K-5) <https://bit.ly/34FbxvJ>
- Hidden World of U.S. National Parks (Grades 4-12) <https://bit.ly/2K8Xncz>
- Tami’s Tower: Let’s Think About Engineering (Grades K-2)
<https://s.si.edu/3ctvIVz>

- Science Podcasts & Activities (Preschool-12) <https://bit.ly/3evGXJh>
- Monterey Bay Aquarium (Preschool-12) <https://bit.ly/2xBPGZN>

Arts and Culture

- Mati & Dada, (Ages 3-9) <https://bit.ly/2wKO9jT>
- Google Arts & Culture (Grades 4-12) <https://bit.ly/2yjHf5t>
- Museums Virtual Tours (All Grades) <https://bit.ly/2z8dvJh>

Physical Education & Nutrition

- Pick Your Plate (Grades 4-8) <https://s.si.edu/3cnghbW>
- Playworks Workouts and Play, Via Facebook Live Monday-Friday 11AM, 1PM, and 3PM (Ages 4-18) <https://bit.ly/2KfcKAc>
- YMCA 360 (High School) <https://bit.ly/2ynt8Mo>
- Cosmic Kids Yoga (Ages 3-10) <https://bit.ly/3ag4A5x>
- MyPlate (All Grades) <https://bit.ly/2VdKK6n>
- Just Dance Kids (Ages 0-12) <https://bit.ly/2yop7qZ>

Social-Emotional

- Learning Activities (Grades K-5) <https://bit.ly/2wKOnrf>
- Mindfulness (Grades 3-12) <https://bit.ly/3beYUtz>

Advanced Placement

- Khan Academy <https://bit.ly/2XF8bHy>
- APP Fiveable <https://bit.ly/2wP25tc>

ACT and SAT Test Preparation

- Khan Academy <https://bit.ly/3ctvlzr>

Families In Schools Recommendations:

- PBS Learning Media (all grades) <https://bit.ly/2z54lx3>
- Khan Academy (Grades k-12) <https://bit.ly/2KdCQE2>
- Khan Academy for Kids (Ages 2-7) <https://bit.ly/2VfDNBP>
- Scholastic Learn at Home (Grades PreK-12) <https://bit.ly/2XO5mno>
- PBS Mobile App Parent Tips (Ages 0-8) <https://bit.ly/2XNNEkh>
- Your Local Library's Digital Media Archive

Digital Learning Tools

- Smart Screen Time Tips For Families <https://go.aws/3cAK415>
- Using Technology to Support Learning at Home <https://bit.ly/2RFGavC>

Special Education Tools

- DD's Dictionary: A Dyslexic Dictionary (Ages 4+) <https://apple.co/2K8f4cv>
- Light Detector (All ages) <https://apple.co/2VeOUen>
- Color ID (All ages) <https://bit.ly/2Vy5MeZ>
- Tap Tap See (All ages) <https://bit.ly/2VvvPDE>
- Be My Eyes – Helping Blind See (Ages 17+) <https://apple.co/2XGQebG>
- Autistic Learners (All ages) <https://bit.ly/3ajD3Ql>



Recursos de Aprendizaje Para *Familias*

Investigaciones muestran que ayudar a nuestros estudiantes crear una estructura flexible <https://bit.ly/2VrBOdX> around en torno al aprendizaje no es una mala idea. A continuación, encontrara una lista de recursos gratuitos para apoyar el aprendizaje de los estudiantes durante el cierre de la escuela.

Paquetes integrales

- Curriculum Associates Con Paquetes de Tareas Integrales (K-8) -> <https://bit.ly/2RlXVu2>

Matemáticas

- Khan Academy, (todos grados) <https://bit.ly/3cuWWWt>
- Curricki, (preparatoria) <https://bit.ly/3cuWWWt>
- Funbrain, (grados K-8) <https://bit.ly/2Vd0Xc0>
- Mindsearch (grados K-8) <https://bit.ly/3cADmYX>
- Prodigy, (grados 1-8) <https://bit.ly/2XDHu65>
- Math Playground, (grados 1-6) <https://bit.ly/34LL6oe>
- Splash Learn, (grados K-5) <https://bit.ly/3aewGhr>
- Math Game Time, (prescolar-7o) <https://bit.ly/3bihiSr>
- ST Math, (Preschool-8th) <https://bit.ly/2wK9ObQ>

Ingles

- Book Creator (grados 3-12) <https://bit.ly/2wLBAVx>
- Adapted Mind (grados 1-6) <https://bit.ly/2Vy9yoN>
- Classroom Secrets (grados K-4) <https://bit.ly/34Fy0Zo>

- Mrs. S. ELA resources (grados 9-12) <https://bit.ly/3bgfqtf>
- Perfectly Pre-K Blog (prescolar) <https://bit.ly/3eIN4jk>
- Storyline Online (grados K-4) <https://bit.ly/2VDPtgZ>
- Get Epic (edades 0-12) <https://bit.ly/3ctmbrR>
- Flamingo Rampant (edades 0-5) <https://bit.ly/2VBIN2G>
- Starfall (grados K-3) <https://bit.ly/2yqn2uH>
- Open Culture Audio Books (preparatoria) <https://bit.ly/2Kaa2w1>
- Read Write Think (grados K-12) <https://bit.ly/2XLgG3N>
- NY Times Learning Network (grados 7-12) <https://nyti.ms/2VdQXiG>
- Purdue Online Writing Lab (preparatoria) <https://bit.ly/2XHuhQb>
- Audible - Cuentos (ages 0-18) <https://adbl.co/3eriW6j>

Idioma Extranjero

- Duolingo <https://bit.ly/2VewKcN>
- Conjugamos <https://bit.ly/3eviHH8>
- Cuentos Infantiles (edades 0-8) <https://bit.ly/3bj4AD8>
- Bosque de fantasías (para que padre/madre lo lea) <https://bit.ly/34l76jw>

Estudios Sociales/Historia

- PBS Learning Media (todos grados) <https://bit.ly/2z54lx3>
- Khan Academy (preparatoria) <https://bit.ly/3es9G1M>
- Crash Course (preparatoria) <https://bit.ly/2wOZOOG>
- Nat Geo Kids (grados 3-7) <https://bit.ly/2VDJaK4>
- Google Earth (grados 4-8) <https://bit.ly/2yqold5>
- Time for Kids (grados K-6) <https://bit.ly/2yop7qZ>

Ciencias

- Science Printables (grados 6-8) <https://bit.ly/2RKv1d4>
- Toca Boca (grados K-5) <https://bit.ly/3af61RB>
- Khan Academy (preparatoria) <https://bit.ly/3co3tlx>
- ED Heads (grados 2-12) <https://bit.ly/2Vutc52>
- Periodic Videos (preparatoria) <https://bit.ly/2yZbTRV>
- NASA Kids Club (grados K-4) <https://go.nasa.gov/2z2oDXX>
- NASA STEM Engage (grados K-12) <https://go.nasa.gov/2Kbc9jd>
- Scratch Coding (grados 3-12) <https://bit.ly/2VEIwNw>
- Code.org (Grades 4-12) <https://bit.ly/2K88HpD>
- How Stuff Works (grados 6-12) <https://bit.ly/2ymWMB0>

- Mystery Science (grados K-5) <https://bit.ly/34FbxvJ>
- Mundo Oculto de los Parques Nacionales de EE. UU. (Grados 4-12) <https://bit.ly/2K8Xncz>
- Tami's Tower: Pensamos en ingeniería (grados K-2) <https://s.si.edu/3ctvIVz>
- Podcasts y actividades de ciencias (preescolar -12o) <https://bit.ly/3evGXJh>
- Acuario de Monterey Bay (prescolar-12o) <https://bit.ly/2xBPGZN>

Artes y Culturas

- Mati & Dada, (edades 3-9) <https://bit.ly/2wKO9jI>
- Google Arts & Culture_(grados 4-12) <https://bit.ly/2yjHf5t>
- Museums Virtual Tours (todos grados) <https://bit.ly/2z8dvJh>

Educación física y nutrición

- Nutrición: Escoje tu plato_ (grados 4-8) <https://s.si.edu/3cngbhW>
- Playworks: entrenamientos y juegos a través de Facebook Live de lunes a viernes a las 11 a.m., 1 p.m. y 3 p.m. (edades 4-18) <https://bit.ly/2KfcKAc>
- YMCA 360 (preparatoria) <https://bit.ly/2ynt8Mo>
- Cosmic Kids Yoga (edades 3-10) <https://bit.ly/3ag4A5x>
- MyPlate (todos grados) <https://bit.ly/2VdKK6n>
- Just Dance Kids (edades 0-2) <https://bit.ly/2yop7qZ>

Social Emocional

- Actividades (grados k-5) <https://bit.ly/2wKOnrf>
- Mindfulness (grados 3-12) <https://bit.ly/3beYUtz>

Colocación Avanzada

- Khan Academy <https://bit.ly/2XF8bHy>
- APP Fiveable <https://bit.ly/2wP25tc>

Preparación para los exámenes ACT y SAT

- Khan Academy <https://bit.ly/3ctvlzr>

Recomendaciones de Families In Schools

- PBS Learning Media (todos grados) <https://bit.ly/2z54lx3>
- Khan Academy (grados k-12) <https://bit.ly/2KdCQE2>
- Khan Academy for Kids (edades 2-7) <https://bit.ly/2VfDNBP>
- Scholastic Learn at Home (grados PreK-12) <https://bit.ly/2XO5mno>
- Consejos para padres por aplicacion mobil por PBS (edades 0-8)
- El archivo de medios digitales de su biblioteca local <https://bit.ly/2XNNEkh>

Herramientas del aprendizaje digital

- Consejos para usar la pantalla inteligentemente (para familias) <https://go.aws/3cAK415>
- Usando la tecnologia para apoyar el aprendizaje en casa <https://bit.ly/2RFGavC>

Herramientas para la Educación Especial

- DD's Dictionary: A Dyslexic Dictionary (edades 4+) <https://apple.co/2K8f4cv>
- Light Detector (todas edades) <https://apple.co/2VeOUen>
- Color ID (todas edades) <https://bit.ly/2Vy5MeZ>
- Tap Tap See (todas edades) <https://bit.ly/2VvvPDE>
- Be My Eyes – Helping Blind See (edades 17+) <https://apple.co/2XGQebG>
- Autistic Learners (todas edades) <https://bit.ly/3ajD3Ql>