Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.


**National Association for the Education of Young Children (NAEYC) Coping with COVID-19** [https://www.naeyc.org/resources/topics/covid-19](https://www.naeyc.org/resources/topics/covid-19)

**Substance Abuse and Mental Health Services Administration (SAMHSA) Taking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks** [https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-andTeachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006](https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-andTeachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006)


**Zero to Three (ZTT)** [https://www.zerotothree.org/ Coronavirus Resources for Early Childhood Professionals](https://www.zerotothree.org/resources/3291-coronavirus-resources-for-early-childhoodprofessionals)