

## Mental Health Supports during COVID 19 Reminder

**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.**

**Child Mind Institute Supporting Families During COVID-19** <https://childmind.org/coping-during-covid-19-resources-for-parents/>

**Child Trends Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic** <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotionalwell-being-during-the-covid-19-pandemic>

**National Association for the Education of Young Children (NAEYC) Coping with 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>

**National Child Traumatic Stress Network** <https://www.nctsn.org/> Parent/Caregiver Guide for Helping Families Cope with Coronavirus Disease 2019 (COVID-19) <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

**Helping Children with Traumatic Separation or Traumatic Grief Related to COVID-19** <https://www.nctsn.org/resources/helping-children-with-traumatic-separation-or-traumaticgrief-related-to-covid-19>

**Supporting Children During Coronavirus (COVID19)** <https://www.nctsn.org/resources/supporting-children-during-coronavirus-covid19>

**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>