

## Resources - Talking with Children and Families about COVID-19 (Updated 7/11/2021)

### Center for Disease Control and Prevention

- *Talking with Children about Coronavirus Disease: Measures for parents, school staff, and others working with children (updated 5/20/2020)*
  - Includes tips for general principles for talking to children, facts about COVID-19 for discussions with children

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

- **American Academy of Pediatrics**

- *Critical Updates on COVID-19 (updated 07/09/2021)*

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/>

- **Healthychildren.org**

- *2021 Novel Coronavirus (COVID-19) (updated 5/12/2021)*
  - Includes information for families, managing school/childcare closings, tips for talking to children about COVID-19

<https://www.healthychildren.org/english/health-issues/conditions/chest-lungs/pages/2019-novel-coronavirus.aspx>

- *Talking to Children About Tragedies & Other News Events (updated 1/6/2021)*

<https://www.healthychildren.org/English/family-life/Media/Pages/Talking-To-Children-About-Tragedies-and-Other-News-Events.aspx>

- **American Academy of Child and Adolescent Psychiatry**

- Homepage – AACAP Coronavirus Resources <https://www.aacap.org/>
  - *Talking to Children About Coronavirus*

[https://www.aacap.org/App\\_Themes/AACAP/Docs/latest\\_news/2020/Coronavirus\\_COVID19\\_Children.pdf](https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf)

- *Facts for Families: News & Children (January 2019)*

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-The-News-067.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-The-News-067.aspx)

- *Disaster and Trauma Resource Center (February 2020)*

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/Disaster\\_Resource\\_Center/Home.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Disaster_Resource_Center/Home.aspx)

- **The National Child Traumatic Stress Network (NCTSN)** (*updated January 2021*)
  - *Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19)*
    - “Provides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties. This resource will help parents and caregivers think about how an infectious disease outbreak might affect their family— both physically and emotionally—and what they can do to help their family cope.”

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

- *Creating Effective Child-and-Family-Focused Disaster Behavioral Health Messages on Social Media* (*updated 2019*)
  - “Offers guidance to child-serving behavioral health organizations and professionals who serve communities affected by disaster and terrorism events. This toolkit provides guidance and shares lessons learned from previous incidents, how to you get started using social media, including guidance on developing a social media policy and plan, constructing messages for various disasters and audiences, and managing social media accounts. It also includes sample messages that to modify to better fit specific disasters and terrorism events.”

<https://www.nctsn.org/resources/creating-effective-child-and-family-focused-disaster-behavioral-health-messages-on-social-media>

- **Zero to Three**
  - *Tips for Families: Coronavirus*
    - Includes age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

- **National Association of School Psychologists**
  - *Talking to Children about COVID-19* (*updated 2020*)

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)