

RESOURCE PACKET COVID-19

Table of Contents

Parents: How to Talk to Children and Teens About COVID-19_____	<u>Page 2</u>
Resources for Children on COVID-19_____	<u>Page 2</u>
Mental Health and Coping during COVID-19_____	<u>Page 3</u>
Food Resources_____	<u>Page 3</u>
Utilities and Other Community Resources_____	<u>Page 4</u>

Parents: How to Talk to Children and Teens About COVID-19

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](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)

Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children

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

Talking to Kids About the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

How to Talk to Your Kids About Coronavirus

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Coronavirus (COVID-19): How to Talk to Your Child

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Talking to Children About Coronavirus (COVID19)

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf

How to Talk to Kids and Teens About the Coronavirus (Tips for talking for talking with children of different age groups)

<https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>

Resources for Children on COVID-19

Just For Kids: A Comic Exploring The New Coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Daniel Tiger “Germs Germs Go Away” Handwashing Video

<https://pbskids.org/video/daniel-tigers-neighborhood/2365375359>

Elmo & Rosita: The Right Way to Sneeze! Video

<https://www.youtube.com/watch?v=QW1yodZJpG8>

A children’s book written by Manuela Molina. The book is written in a way that offers reassurance and an understanding without fear targeting children 7 and under. The story has been translated in several languages and all are available at this link.

- <https://www.mindheart.co/descargables>

Mental Health and Coping during COVID-19

Manage Stress and Anxiety

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Taking Care of Your Mental Health in the Face of Uncertainty

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

Stressed About COVID-19? Here's What Can Help

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/stressed-about-covid19-heres-what-can-help>

Coping with Stress During Infectious Disease Outbreak

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

Coping with coronavirus anxiety

<https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>

Food Resources

TN Food Pantries

<https://www.foodpantries.org/st/tennessee>

Second Harvest Food Bank of Middle TN

<https://www.secondharvestmidtn.org/get-help/>

Second Harvest Food Bank of East TN

<https://secondharvesttn.org/find-a-food-pantry/>

Catholic Charities of West TN

<https://www.ccwtn.org/programs/fig-tree-emergency-services/food/>

Community Resources:

Utilities: For help with paying bills, visit the website below and search available resources available in your county. (rent assistance, energy bills, electric/ heating, medical bills, mortgage assistance).

https://www.needhelp-payingbills.com/html/tennessee_utility_and_energy_b.html

Tennessee Resources for Single Mothers:

<https://singlemothersgrants.org/single-mothers-assistance-in-tennessee/>

Unemployment: For help with understanding the process of applying for unemployment and identifying qualifications, accessing the online application, tracking your application and knowing to expect after filing.

<https://www.tn.gov/workforce/unemployment/apply-for-benefits.html>

Financial Challenges

Families First/TANF provides temporary cash benefits to families who have children, and are experiencing financial difficulties call for Free 1-866-311-4287 or visit the website for more information and to live chat

<https://www.tn.gov/humanservices/for-families/families-first-tanf.html>

<https://www.tn.gov/content/dam/tn/human-services/documents/Family%20Focused%20Solutions%20Providers%207-2019.pdf>