

COVID-19 Resources for Children and Families

From Save the Children:

Dear colleagues, partners and friends,

By now we are all very aware of the Coronavirus (COVID-19) spreading its way across the world. Although experts are currently unsure of just how severe the impact will be in the U.S., Save the Children is working with partners like you to educate children and families about the Coronavirus, how to protect themselves and importantly, how to protect those like you caring for families.

We've compiled the resources below to help you and your community in these three ways:

1. **Be informed:** Use the information and websites listed to learn about the spread, risks and prevention of Coronavirus, and how to talk to and support children during an infectious disease outbreak.

[U.S. Department of Health and Human Services, Centers for Disease Control and Prevention](#)

[Coronavirus Disease Resources](#)

[U.S. Substance Abuse and Mental Health Services Administration](#)

[Tips for caregivers, parents, and teachers during infectious disease outbreaks](#)

2. **Educate Families:** Share accurate information with the families in your community. Help them learn how to talk with their children about Coronavirus, correct misbeliefs and engage in healthy ways with their children at home.

[Save the Children](#)

[Tips for Talking to Your Children about Coronavirus](#)

[How to help kids cope with extended school closures – 6 Tips You Can Trust](#)

[10 Family Learning Activities](#)

[Fun ways to incorporate math!](#)

[Top picks for educational websites and apps](#)

[National Public Radio](#)

[Just for Kids Comic Exploring Coronavirus](#)

[American Academy of Pediatrics, Healthy Children](#)

[Helpful guidance, games and activities for young children](#)

[Tips to help your child enjoy reading out loud](#)

Safely Fed Canada

[Statements and guidance on breastfeeding related to COVID 19](#)

3. **Take Action:** Take actions to protect yourself and your community. Safely prepare your environment and help others to follow guidance with simple visual reminders.

U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

[CDC Guidance on Preparedness in Schools, Workplaces, Community Organizations and Shelters](#)

[CDC Posters on Home School and Workplace health safety](#)

Department of Education, Maine

[Stop the Spread of Germs – multi language flyers](#)

[Wash Your Hands flyer in 24 Languages](#)

From Child Trends:

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic#resources>

Others:

We will also continue to share resources from experts on how the coronavirus impacts children, how to talk to children about the outbreak, and more. For example:

- American Academy of Pediatrics has [information on the COVID-19 pandemic](#), including symptoms, how to protect your family, how to prepare for school or child care closings, and talking to children. [The AAP also has information on hand washing](#).
- Our partners at Generations United have created [a fact sheet for grandfamilies](#) and multigenerational families to stay healthy, informed, and connected.
- The Food Research & Action Center (FRAC) has compiled [a list of resources](#) related to ensuring that children who are out of school can still access meals. They are also sharing an [action and advocacy tool](#) for maximizing the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)'s role in supporting health, food security, and safety during the COVID-19 pandemic.
- The US Department of Labor has [a portal to provide information about applying for unemployment benefits](#) in your state.
- The Juvenile Law Center, The Hope Center, and School House Connection published [a fact sheet on supporting students who are homeless or in foster care](#).
- UNICEF has [tips for how to talk to your children](#) about the COVID-19 pandemic.

- The Centers for Disease Control is sharing [guidance on managing mental health and coping](#) during COVID-19 for children and caregivers.
- We've put together a [round-up of free digital education tools](#) that may be of interest to caregivers (non-educators) who are looking for engaging and enriching content to share with their children while at home, ranging from great videos to digital explorations, games, and even full text books.

CDC:

https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html?deliveryName=USCDC_2067-DM23558