

Family Wellness During Covid-19

[ABPsi and CHN Family-Care, Community-Care and Self-Care Tool Kit](#): This resource discusses individual and community trauma, and offers tools for practicing self, family, and community care.

[Supporting Families During COVID-19](#)- This website contains a number of articles for supporting kids, teens, and families. Topics include how to teach kids about COVID-19, help them to manage anxiety and fears, and tips to help parents and caregivers manage their own well-being.

[5-Tips for talking to your children about covid-19](#): This article provides guidance for emotionally supporting kids during the COVID-19 crisis.

[Helping Homebound Children During COVID-19 \(CSTS\)](#): This resource outlines how staying at home can affect children and families, and provides practical tips for supporting families.

[Coronavirus And Parenting: What You Need To Know Now](#): This article features common questions parents and caregivers have about supporting kids during the pandemic, and responses from experts.

[How to Ease Anxiety for Kids With and Without Special Needs During Coronavirus Isolation](#)- Tips for parents for addressing their own and their children's anxiety.

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#): This fact sheet provides information for how families can prepare for, respond to, and cope with the COVID-19 pandemic.

[Just For Kids: A Comic Exploring The New Coronavirus](#): A fun way for kids to learn about COVID-19.

More resources for families: https://docs.google.com/spreadsheets/d/1h3FtKV-s7Wm6_foFakeJgYEQVheQkYggzZ6NvpRTLcm/edit?usp=sharing

Free meditation from Headspace <https://www.headspace.com/ny>

Free access to Headspace for healthcare workers: <https://www.headspace.com/health-covid-19>