**Zero to Six List of COVID related Resources**

**for Young Children and Families and Providers who work with them**

**Note: Resources are in no particular order. Most are specifically for young children, but some may be more inclusive of all children and families.**

ARTICLES/OTHER RESOURCES:

**WILEY, in response to COVID-19 pandemic, has made articles relevant to supporting early development in times of crisis freely available** [**here**](https://onlinelibrary.wiley.com/doi/toc/10.1002/(ISSN)1234-5678.COVID-19-response?)**.**  
  
Major organizations such as the [**American Psychological Association**](https://www.apa.org/practice/programs/dmhi/research-information/pandemics) and [**UNICEF**](https://www.unicef.org/coronavirus/covid-19) have compiled comprehensive resources that address multiple topics on coping with a pandemic. We encourage you to visit these websites.  Additional information that may be of help can be found below.  
  
**Information to Support Parents and Practitioners**  
  
The World Health Organization offers several resources on [**facts and fiction about COVID-19**](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters)and [**guidelines**](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/guidance-for-schools-workplaces-institutions) for schools, workplaces, and institutions.  
  
Zero to Three offers strategies for parents with a [**searchable database**](https://www.zerotothree.org/parenting) for content you need, including [**ways that parents can manage their emotions so that they can better support their children**](https://www.zerotothree.org/resources/1604-breathe-in-breathe-out-managing-your-own-emotions-the-key-to-positive-effective-parenting) and other [**stress management strategies**](https://www.zerotothree.org/search?q=stress+management).  
  
The World Association for Infant Mental Health features [**WAIMH Perspectives**](https://perspectives.waimh.org/), an online source for freely available articles and news about infants, toddlers, and families.  
  
[**Parenting for Lifelong Health**](https://www.who.int/violence_injury_prevention/violence/child/plh/en/), an initiative of the World Health Organization, will soon offer a variety of informational messages for parents and caregivers.  Check back often for updated content.   
  
[**The Child Mind Institute**](https://childmind.org/coping-during-covid-19-resources-for-parents/)) is holding twice daily [**Facebook Live**](https://www.facebook.com/ChildMindInstitute/) video chats with clinicians, daily [**social media posts**](https://www.instagram.com/childmindinstitute/) on parenting, and houses [**media interviews**](https://childmind.org/news-and-press/)) with experts on COVID-19.  
  
[**Harvard University’s Center on the Developing Child**](https://developingchild.harvard.edu/resources/) features brief videos and articles for parents and practitioners on supporting healthy early development, [**including the value of day to day interactions in the home that nurture babies**](https://developingchild.harvard.edu/resources/5-steps-for-brain-building-serve-and-return/). Parents and caregivers can nurture resilience in tough times through building high quality relationships with their babies.  
  
Professionals working to support children and families during this very difficult time may experience “secondary trauma” or “compassion fatigue”, which refers to mental health symptoms professionals may experience as a result of indirect exposure to child and family trauma.  Read more about secondary trauma and what to do [**here**](https://www.nctsn.org/sites/default/files/resources/fact-sheet/secondary_traumatic_stress_child_serving_professionals.pdf).

**Information to Support Children**   
  
The U.S. Centers for Disease Control suggests [**tips for talking with children about COVID-19**](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html) and [**preparing your family**](https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html) to weather the outbreak.  
  
[**The U.S. National Child Trauma Stress Network**](https://www.nctsn.org/) has many resources for supporting young children facing trauma, including [**updated information**](https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019) on helping families cope with the pandemic with downloadable guides available in [**Chinese**](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_fact_sheet_2_29_20_chinese_version_by_shchen_03.03.2020.pdf), [**English**](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf), and [**Spanish**](https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019-sp.pdf).  
  
[**Sesame Street in Communities**](https://sesamestreetincommunities.org/topics/)) features user-friendly resources for parents and caregivers on a variety of topics including family bonding, resilience, handling emergencies, traumatic experiences, and grief.

**Other Zero to Three resources** (including printatbles)

<https://zerotothrive.org/covid-19/>

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

<https://bit.ly/3alGgQo>

**NCTSN resources**

The  Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 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.​ Available in Spanish and Chinese languages.

[https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019](https://urldefense.com/v3/__https:/www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588Gtqk4vKQadw$)

The Simple Activities for Children and Adolescents offers activity ideas to parents and caregivers whose families are sheltering in place, social distancing, and homeschooling due to school closures amidst the COVID-19 outbreak.

[https://www.nctsn.org/resources/simple-activities-children-and-adolescents](https://urldefense.com/v3/__https:/www.nctsn.org/resources/simple-activities-children-and-adolescents__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588Gtqkw4z2akE$)

**Online resources that** ***can be shared with children under the guidance of their parents/caregivers***:

Talking to Kids About Coronavirus by PBS Kids: Daniel Tiger

[https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus](https://urldefense.com/v3/__https:/www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588GtqkgfhIRZU$)

Flipbook by Easter seals

[https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR1RpyIbfvhOX2QR50MqPnIHCV\_vRmSHdCZRvPlA3G6WFPykL6kUhcyLfqk](https://urldefense.com/v3/__https:/www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR1RpyIbfvhOX2QR50MqPnIHCV_vRmSHdCZRvPlA3G6WFPykL6kUhcyLfqk__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588GtqkkOTMMjk$)

Coronavirus Video by BrainPOP

[https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/](https://urldefense.com/v3/__https:/www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588GtqkxodfqBo$)

Just For Kids: A Comic Exploring The New Coronavirus​ by NPR

[https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus](https://urldefense.com/v3/__https:/www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588GtqkH7Gxu1U$)

Flipbook by Easter seals

[https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR1RpyIbfvhOX2QR50MqPnIHCV\_vRmSHdCZRvPlA3G6WFPykL6kUhcyLfqk](https://urldefense.com/v3/__https:/www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR1RpyIbfvhOX2QR50MqPnIHCV_vRmSHdCZRvPlA3G6WFPykL6kUhcyLfqk__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588GtqkkOTMMjk$)

**Online resources for *parents/caregivers***:  How to talk to children about Coronavirus, tips for balancing work, child care and self-care, tips for managing worry and anxiety --parent/caregiver and child

How to talk to very young children about the coronavirus by Zero to Three

[https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus](https://urldefense.com/v3/__https:/www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588Gtqk4ZTmoPw$)

Talking to Children About COVID-19 (Coronavirus): A Parent Resource by The National Association of School Psychologists'

[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://urldefense.com/v3/__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__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588Gtqk0siYdgo$)

Helping Children Cope with COVID-19 by Psychology Today

[https://www.psychologytoday.com/us/blog/deviced/202003/tips-parenting-well-in-the-early-days-covid-19](https://urldefense.com/v3/__https:/www.psychologytoday.com/us/blog/deviced/202003/tips-parenting-well-in-the-early-days-covid-19__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588GtqkntDwyCs$)

Parenting in the Time of Coronavirus by Hand in Hand Parenting

[https://www.handinhandparenting.org/](https://urldefense.com/v3/__https:/www.handinhandparenting.org/__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588GtqkVAlmGrA$)

Child Mind Institute and Child Trends also has a lot of resources related to coping and emotional well being:

Child Mind Institute: [https://childmind.org/coping-during-covid-19-resources-for-parents/](https://urldefense.com/v3/__https:/childmind.org/coping-during-covid-19-resources-for-parents/__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588GtqkqZc5DlY$)

Child Trends: [https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic?fbclid=IwAR2Gy9o9NlXXKXGabmS0k2hvIbvjeuZ8A\_FhtLDgiGk5LiePIXH2rq72LcI](https://urldefense.com/v3/__https:/www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic?fbclid=IwAR2Gy9o9NlXXKXGabmS0k2hvIbvjeuZ8A_FhtLDgiGk5LiePIXH2rq72LcI__;!!OToaGQ!40xi68J6DZCYAxxpNrXvGwFqsz-_xB0jEJ4taX0oujK3wU1LSKo7y588GtqkRhT6U5w$)​

**Interesting article** that could have a great impact on children and families.

<https://chronicleofsocialchange.org/child-welfare-2/new-york-los-angeles-take-different-paths-on-family-visits/41580?utm_medium=email&utm_source=govdelivery>

**Bruce Perry**

<https://bit.ly/3ainTvI>

Notes from Bruce Perry (by Marla)

•        Listening to the news constantly activates the stress response system and he recommends smaller doses at scheduled times during the day (not right before bed).

•        He also talked about the concept of emotional contagion and calls on us as leaders in the community to help regulate our clients.

 •        He talked a lot about social distancing but he has re-named it physical distancing because of the importance of people remaining connected. He said reflective listening can be very regulating for some. He encouraged us to reach out and check in on each other and our clients frequently.

 •        For families, he strongly recommends keeping routines, re-connecting with our children (dinner together), and he encourages structured exercise in small doses throughout today. Ex: 10 minutes 6 times a day vs. 60 minutes once a day.

•        The NM network is compiling a list of resources and if anyone would like to send anything, you can send to [info@neurosequential.com](mailto:info@neurosequential.com) . This will eventually be made available to the public and he is also having “office hours” next week to discuss COVID-19. More information to come about that.

 •        He had a nice “soundbite” at the end, which came from Dr. Stuart Ablon. In regard to all of the articles about how to talk to children about covid-19, he said, “it’s not about how you talk to children, it’s about how you listen to them.” One of those things we know about, but is good to hear it said out loud on occasion.

TRAININGS

**Skills for Psychological Recovery Online Available Now on the NCTSN Learning Center**

This 5-hour interactive online course designed for providers to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. This course is for individuals who want to learn about using SPR, learning the goals and rationale of each core skill, delivering SPR, and supporting survivors in the aftermath of a disaster or traumatic event.

[https://learn.nctsn.org/course/view.php?id=535](https://urldefense.com/v3/__https:/learn.nctsn.org/course/view.php?id=535__;!!OToaGQ!74kCIb-Qn-IjGuljc27bRraQbqVREkuXseic7tPYXDAWehAVe06iz_698H3M-953WZGB$)

**Center for Trauma Training – ARC (Attachment, Regulation, Competency)**

CTT-ARC is pleased to announce that starting this week, they will be offering daily remote videos, free of charge, on their website. Each video will provide a brief overview of a core ARC concept. These videos are not a replacement for full ARC training, and we are unable to provide continuing education credits for them, but if you've been looking to refresh your knowledge or get a new staff member familiar with ARC concepts, this may be a nice way to do it! To learn more Go to  [https://arcframework.org/](https://urldefense.com/v3/__https:/arcframework.org/__;!!OToaGQ!74kCIb-Qn-IjGuljc27bRraQbqVREkuXseic7tPYXDAWehAVe06iz_698H3M-5KFONjO$)

*Psychological First Aid ­*- The NCTSN also has resources for responders on [Psychological First Aid](https://urldefense.proofpoint.com/v2/url?u=http-3A__www.nctsn.org_content_psychological-2Dfirst-2Daid&d=DwMFAw&c=UXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y&r=hzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q&m=hYyW4LMTMiR-uC9EEblTtEJIuxpHI35JAovF_xxNCOI&s=1kJqrvcC4iFXcqgV-5w1zHJiVmY970uJIo5KKYj4yU0&e=) (PFA). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. The [PFA online training course](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.nctsn.org_resources_psychological-2Dfirst-2Daid-2Dpfa-2Donline&d=DwMFAw&c=UXmaowRpu5bLSLEQRunJ2z-YIUZuUoa9Rw_x449Hd_Y&r=hzomOGg2G27ZjuZegYWWfu4EgrpiGCT_JunBM07Lj7Q&m=hYyW4LMTMiR-uC9EEblTtEJIuxpHI35JAovF_xxNCOI&s=SfgN8Uo_GR2tlDZIr5Myvjb2zcpLIdbWZR1m9e6ULkE&e=) is available on our NCTSN Learning Center. Also download [PFA Mobile](https://urldefense.com/v3/__https:/www.nctsn.org/resources/pfa-mobile__;!!OToaGQ!4cMWnNPDi1o6DqeKcA0MdAvOQcqIkHnFXvdzLkVLtuUoGb92tQovWKU5vnnYLvzEge8$) on your IOS or Android mobile devices.