

# Resource Kit for COVID-19

## Helpful Information and Links for Families

### Talking About COVID-19

- “*Talking to Your Anxious Child About COVID-19*” by Children’s Mental Health Ontario (CMHO):  
<https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-covid-19>
- “*Talking to Kids About the Coronavirus*” by Child Mind Institute:  
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- “*Understanding Coronavirus and How Germs Spread*” (Podcast), by Brains On!:  
<https://www.brainson.org/>
- “*Tips for Families: Coronavirus*” by Zero to Three:  
<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
- “*Answering Your Young Child’s Question’s About Coronavirus*” by Zero to Three:  
<https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>

### Managing Stress & Anxiety

- “*Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)*” by The National Child Traumatic Stress Network:  
[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_fact\\_sheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_fact_sheet_1.pdf)
- “*Manage Anxiety and Stress*” by Centers for Disease Control and Prevention (CDC):  
[https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html)
- Create a “*Family Media Plan*” by Healthy Children:  
<https://www.healthychildren.org/English/media/Pages/default.aspx>

## **Self-Care**

- “*Young Children at Home During the COVID-19 Outbreak: The Importance of Self-Care*” by Zero to Three  
<https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>
- “*Laughter in the Family*” by The Canadian Association of Family Resource Programs:  
<http://www.parentsmatter.ca/index.cfm?fuseaction=document.viewDocument&documentid=857&documentFormatId=1483&vDocLinkOrigin=1&CFID=11106074&CFTOKEN=c6b9c31957d4d85d-E5173412-1C23-C8EB-808C34D791FA0FBF>

## **Creating Structure & Routine**

- “*Essentials for Parenting Toddlers and Preschoolers: Creating Structure and Rules*” by Centre for Disease Control and Prevention (CDC):  
<https://www.cdc.gov/parents/essentials/structure/index.html>
- “*At Home Activity Guide*” by Zero to Three:  
<https://www.zerotothree.org/resources/3264-at-home-activity-guide>
- “*Family Routines*” by The Canadian Association of Family Resources Programs:  
<http://www.parentsmatter.ca/index.cfm?fuseaction=document.viewDocument&documentid=475&documentFormatId=950&vDocLinkOrigin=1&CFID=11106074&CFTOKEN=c6b9c31957d4d85d-E5173412-1C23-C8EB-808C34D791FA0FBF>
- “*Are you CoronaSchooling? Daily Schedule Advice for ADHD Families*” by Additude:  
<https://www.additudemag.com/daily-schedule-coronavirus-home-school/>

## **Supporting Healthy Sleep**

- “*Sleep Challenges: Why it Happens, What to Do*” by Zero to Three:  
<https://www.zerotothree.org/resources/331-sleep-challenges-why-it-happens-what-to-do>

- “*Sleep Tips: How to help your child get a good night’s sleep*” by About Kids Health (The Hospital for Sick Children):  
<https://www.aboutkidshealth.ca/Article?contentid=646&language=English>

## **Play**

- “*The Power of Play*” by Zero to Three:  
<https://www.zerotothree.org/resources/311-the-power-of-play>
- “*Play for the Brain*” by The Canadian Association of Family Resource Programs:  
<http://www.parentsmatter.ca/index.cfm?fuseaction=document.viewDocument&documentid=142&documentFormatId=980&vDocLinkOrigin=1&CFID=11106074&CFTOKEN=c6b9c31957d4d85d-E5173412-1C23-C8EB-808C34D791FA0FBF>
- “*Supporting Children’s Play*” by The Canadian Association of Family Resource Programs:  
<http://www.parentsmatter.ca/index.cfm?fuseaction=document.viewDocument&documentid=481&documentFormatId=946&vDocLinkOrigin=1&CFID=11106074&CFTOKEN=c6b9c31957d4d85d-E5173412-1C23-C8EB-808C34D791FA0FBF>
- “*Challenge Your Child with Engaging Activities that Help Them Learn, Grow and Thrive*” by Play and Learn (website) (McMaster University and the University of Toronto):  
<https://playandlearn.healthhq.ca/en>

## **Learning and Education**

- Scholastic Learn at Home (Free modules provided by Scholastic from Pre-K to 6+):  
<https://classroommagazines.scholastic.com/support/learnathome.html>
- National Geographic Kids (Free quizzes and learning videos):  
<https://kids.nationalgeographic.com/>

## **Reference Guide for Community Resources**

- COVID-19 Assistance Programs by the Halton Community Services Directory

<https://halton.cioc.ca/record/OAK0007>

*\*PDFs available for these topics are in a separate PDF titled **Resource Kit for Families - COVID-19 Ages 0-6 Part 2.pdf***