

## Caregiver Resources

Dear Parents and Guardians,

As a result of the COVID-19 pandemic we all need ways to keep ourselves calm, so that we may be able to support our children in understanding what is going on without causing additional anxiety. Children will feel safe or unsafe based on how adults are feeling and how they respond to them in times of stress. Children take the lead from us. Having ways of explaining the crisis to children, promoting emotional wellness, and reducing stress during these times is critical. Please consider the resources and links below, which may be helpful in supporting you and your children during these challenging times. Please select the resources or activities that fit for you and your family. ***In the event that school-based counselling and resource support is needed at this time, please contact your child's teacher and/or the school administrator in order to facilitate your request***

### FOR IMMEDIATE HELP

**Ambulance/Police/Fire** 911

**Crisis Line** 1-888-494-3888 (You can call this line even if things are not at crisis level)

**Kids Help Line** <https://kidshelpphone.ca/>

Text CONNECT to 686868 to reach a trained volunteer Crisis Responder 24/7

Call 1-800-668-6868 to speak with a professional counsellor - 24/7

### RESOURCES TO SUPPORT CONVERSATIONS WITH CHILDREN ABOUT COVID-19

#### **Web Articles**

- <https://www.ahaparenting.com/blog/talking-with-children-about-the-corona-virus>
- <https://www.susankaisergreenland.com/blog/things-we-think-you-d-like-to-know-coronavirus>
- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- <https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>

#### **Videos**

- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

### RESOURCES FOR CHILDREN

#### **Children's Story - PDF book explaining COVID to Children:**

- <http://creativeplaytherapist.com/ana-gomez-book/?fbclid=IwAR1XwpUo3WXo6SxUsnYDVVsrQAfw9YFhU1oXHL3t08b1nXcEU9eML-k8Lcg>

**Printable Social Stories:**

- <https://www.susankaisergreenland.com/blog/things-we-think-you-d-like-to-know-coronavirus>
- <https://www.ppmid.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>
- <https://drive.google.com/file/d/1ER6KKTzw2cbj0RkYd7pyrsRlaUIgTfEo/view>

**Managing Anxiety- Coping Strategies and Activities for Children:**

- <https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources/easy-at-home-relaxation-activities-to-help-calm-kids>
- [https://afineparent.com/positive-parenting-faq/ways-to-relieve-anxiety.html?utm\\_medium=email&utm\\_campaign=716795-had-enough-of-coronavirus-worrying-here&utm\\_source=lists%2F40942-AFineParent-Com-Inspiration-And-Tips&simpero\\_object\\_id=su\\_gTwitrLZhrb1FTEh6ShaGBNZ](https://afineparent.com/positive-parenting-faq/ways-to-relieve-anxiety.html?utm_medium=email&utm_campaign=716795-had-enough-of-coronavirus-worrying-here&utm_source=lists%2F40942-AFineParent-Com-Inspiration-And-Tips&simpero_object_id=su_gTwitrLZhrb1FTEh6ShaGBNZ)