



COVID-19 Mental Health Toolkit

Top 10 Tips for Parents & Caregivers during the Coronavirus Pandemic

Presented by:



Top 10 Tips for Parents



Ohio

Department of Health
Department of Mental Health and Addiction Services

Sources:

Centers for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

National Association of School Psychologists and School Nurses - Talking to Children About COVID-19 (Coronavirus) A Parent Resource - https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

American Academic of Pediatrics - <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

American Psychological Association - <https://www.apa.org/helpcenter/talking-about-stress>

1

CHILDREN look to adults for guidance. Keeping your stress in check can help manage kids' worries and anxiety.

[Read Tip 1 Details >](#)

2

ENCOURAGE children to ask questions and talk about their fears. This provides parents the chance to give age-appropriate information.

[Read Tip 2 Details >](#)

3

TEACH children prevention strategies such as hand-washing and covering coughs. This reduces the risk of infection and gives children a sense of control, which can reduce anxiety.

[Read Tip 3 Details >](#)

4

ROUTINE and structure are your friends. Involve children in creating their daily or weekly routine that includes: hygiene, learning, reading, exercise, play, mindfulness, and nutrition

[Read Tip 4 Details >](#)

5

STAY CONNECTED. Help kids address isolation and social distancing by writing cards and letters, making crafts, and calling or FaceTiming friends and loved ones.

[Read Tip 5 Details >](#)

6

FAMILY TIME. Play board games, cards, checkers, and trivia games. This can help kids feel secure while keeping them connected. Involve kids in sanitizing these items after use.

[Read Tip 6 Details >](#)

7

USE THE WEB RESPONSIBLY. Monitor use of social media. There are many online resources for kids to learn. Plan which web sites are appropriate for your children.

[Read Tip 7 Details >](#)

8

SELF CARE. Teach children about wellness. Build in time daily for rest and mindfulness activities such as yoga or meditation. Model relaxation techniques like reading a book or a watching a movie.

[Read Tip 8 Details >](#)

9

BE ACCESSIBLE. Children need reassurance as the crisis progresses. Be honest and manage expectations. Let them know you are there and will help keep yourself and the family well.

[Read Tip 9 Details >](#)

10

DON'T PANIC. The community's response to COVID-19 is evolving daily. Know where to get help and information to help maintain the mental wellness of your children and family.

[Read Tip 10 Details >](#)

TIP 1

Children look to adults for guidance. Keeping your stress in check can help manage kids' worries and anxiety.

[Parenting in a Pandemic: Tips to Keep the Calm at Home](#)

(American Academy of Pediatrics)

[How to Support Children \(and Yourself\) During the COVID-19 Outbreak](#)

(Center on the Developing Child at Harvard University)

[How to cope with quarantine when your child has autism](#)

(Richland Source)

[How to Avoid Passing Anxiety on to Your Kids](#)

(Child Mind Institute)

[Outbreaks can be stressful](#)

(CDC)

[Ways to Promote Children's Resilience to the COVID-19 Pandemic](#)

(Child Trends)

[Keep Calm and Manage Stress](#)

(World Health Organization)

FOR
CHILDREN WITH
SPECIAL-NEEDS

TIP 2

Encourage children to ask questions and talk about their fears. This provides parents the chance to give age-appropriate information.

FOR
INFANTS
& TODDLERS

[Baby Talks: Parent Coronavirus Questions Answered](#)
(ZERO TO THREE)

FOR
INFANTS
& TODDLERS

[COVID-19: Advice for Caregivers of Young Children](#)
(ZERO TO THREE)

FOR
INFANTS
& TODDLERS

[Answering Your Young Child's Questions About Coronavirus](#)
(ZERO TO THREE)

[Just For Kids: A Comic Exploring the New Coronavirus](#)
(NPR)

[Talking to Children about COVID-19](#)
(CDC)

[Talking to Kids about the Coronavirus](#)
(Child Mind Institute)

[Coronavirus Books For Young Children Available To Download For Free](#)
(Ideas and Innovations In Early Childhood Education and Care)

TIP 3

Teach children prevention strategies such as hand-washing and covering coughs. This reduces the risk of infection and gives children a sense of control, which can reduce anxiety.

[Encourage your kids to become hand-washing superheroes](#)

(Johns Hopkins Children's Center)

[Handwashing: A Family Activity](#)

(CDC)

[How to Wash Your Hands](#)

(Sesame Street)

[Coronavirus Preparation: 7 Hand-Washing Songs to Teach Kids](#) (

Fatherly Magazine)

[COVID-19 Germs Experiment for Kids](#)

(NephCure Kidney International)

FOR
INFANTS
& TODDLERS

TIP 4

Routine and structure are your friends. Involve children in creating their daily or weekly routine that includes: hygiene, learning, reading, exercise, play, mindfulness, and nutrition.

8 Tips for Managing Routines in Uncertain Times

(Nationwide Children's Hospital)

Supporting Self-Care, Routines, and Understanding COVID-19 (OCALI)

COVID-19: Our New Routine

(Nationwide Children's Hospital)

Working and Learning from Home During the COVID-19 Outbreak

(American Academy of Pediatrics)

Simple Ways to Entertain & Boost Your Baby's Development at Home

(American Academy of Pediatrics)

FOR
INFANTS
& TODDLERS

TIP 5

Stay connected. Help kids address isolation and social distancing by writing cards and letters, making crafts, and calling or FaceTiming friends and loved ones.

FOR
INFANTS
& TODDLERS

Five Tips to Make the Most of Video Chats
(ZERO TO THREE)

FOR
INFANTS
& TODDLERS

Staying Connected While Separated from Your Young Child
(ZERO TO THREE)

Tips for Staying Connected
(Prevent Child Abuse America)

FOR
INFANTS
& TODDLERS

Supporting Young Children Isolated Due to Coronavirus
(Louisiana State University)

5 Tips to Help Grandparents Stay Connected with
their Grandkids, Despite Social Distancing
(Save the Children)

TIP 6

Family Time. Play board games, cards, checkers, and trivia games. This can help kids feel secure while keeping them connected. Involve kids in sanitizing these items after use.

FOR
INFANTS
& TODDLERS

Favorite Books for Families Facing Tough Times

(ZERO TO THREE)

FOR
INFANTS
& TODDLERS

At-Home Activity Guide

(ZERO TO THREE)

Thriving at Home: A mental wellness workbook for children and their parents during quarantine

(eSchoolView)

20 Fun Family Activities To Do At Home

(Parents)

Download Vroom at www.vroom.org for free for daily activities

Getting Children Outside While Social Distancing for COVID-19

(American Academy of Pediatrics)

TIP 7

Use the web responsibly. Monitor the use of social media. There are many online resources for kids to learn. Plan which websites are appropriate for your children.

[37 Expert-Approved Educational Websites and Apps to Keep Kids Learning During the Coronavirus Outbreak](#)

(Save the Children)

[Pediatricians on Balancing Screen Time, Sleep, and Family During Coronavirus](#)

(Edutopia)

[Agonizing Over Screen Time? Follow the Three C's](#)

(The New York Times)

TIP 8

Self Care. Teach children about wellness. Build in time daily for rest and mindfulness activities such as yoga or meditation. Model relaxation techniques like reading a book or watching a movie.

[How To Practice Mindfulness During The Coronavirus Pandemic](#)
(Child Mind Institute)

[Visit family.gonoodle.com](http://family.gonoodle.com)

[Visit Cosmic Kids Yoga on YouTube](#)

[Visit Yoga with Adriene on YouTube](#)

[21 Days of Compassion, Self-Love and Gratitude – Mindfulness for Educators, Parents, Classrooms and Children](#)
(Fablefy - The Whole Child)

TIP 9

Be accessible. Children need reassurance as the crisis progresses. Be honest and manage expectations. Let them know you are there and will help keep yourself and the family well.

[Supporting Young Children Isolated Due to Coronavirus](#)

(Louisiana State University) *Note: This hyperlink prompts a downloaded PDF

[Parenting During Coronavirus: You are Enough](#)

(PBS)

FOR
INFANTS
& TODDLERS

[Young Children at Home During the COVID-19 Outbreak: The Importance of Self-Care](#)

(ZERO TO THREE)

TIP 10

Don't Panic. The community's response to COVID-19 is evolving daily. Know where to get help and information to help maintain the mental wellness of your children and family.

Coronavirus Mental Health and Safety Tips

(OhioMHAS)

Speak with a behavioral health professional by calling OhioMHAS COVID CareLine at **1-800-720-9616**

Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak

(Substance Abuse and Mental Health Services Administration)

COVID-19 Mental Health Toolkit

Additional Resources

Visit [Groundwork Ohio's Resource Page for Families](#)

FOR
INFANTS
& TODDLERS

[Tips for Families: Coronavirus](#)
(ZERO TO THREE)

FOR
CHILDREN WITH
SPECIAL-NEEDS

[Additional Resources for Children with Special Needs](#)
(OCALI)

FOR
CHILDREN WITH
SPECIAL-NEEDS

[Suite of Free, Ohio-Approved Resources for Early Childhood Professionals](#)
(OCALI)

[Coronavirus Tips & Resources for Parents, Children, Educators & Others](#)
(Prevent Child Abuse America)

[Coronavirus \(COVID-19\) Resources for Families](#)
(Cincinnati Children's Hospital)

FOR
CHILDREN WITH
SPECIAL-NEEDS

[Support for Families During the COVID-19 Crisis](#)
(OCALI)

FOR
INFANTS
& TODDLERS

[Infant and Early Childhood Mental Health Training Institute Online Courses](#)
(Ohio Department of Mental Health and Addiction Services)

[COVID 19 TIC Psychological Response Sources](#)

[COVID-19 Resources](#)
(Assistive Technology Industry Association)

