

Friends Parent Forum- Covid-19 Video 1

Today's five take a-ways:

1. Check your parent perspective

Are we filtering what we say and think through our Christian values and beliefs? "The Lord is my portion," Says my soul, "Therefore I will hope in him." Lamentations 3:24

2. Check your parent disposition

Does your verbal and non-verbal messaging reflect your trust and hope in the Lord? Model how you want children to respond. Children learn what they live.

3. Children learn resilience and character through life's challenges and difficulties.

Romans 5:3-5:...but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

4. Create a safe physical and emotional environment by practicing the 3 R's: Reassurance, Routines, and Regulation.

<https://www.childdrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

5. Explanation should be concise and directly answer a child's question

More information may cause higher levels of fear and anxiety as children may not be cognitively or emotional ready to process the information.

Resources:

Leia's Recommendation: seeds@seedsfamilyworship.com

Resources for children on COVID-19 and staying healthy

BrainPOP: [Coronavirus](#) (4-minute video, activities, and games)

National Public Radio: [Just for Kids: A Comic Exploring the New Coronavirus](#)

PBS Kids: [How to Talk to Your Kids About Coronavirus](#) (includes a list of videos, games, and activities about handwashing and staying healthy at the bottom of the article)

Resources for parents and other caregivers

Overall guides to COVID-19 and staying healthy

American Academy of Pediatrics: [2019 Novel Coronavirus](#) (online article; [en español](#))

CDC: [Pregnancy and Breastfeeding: Information about Coronavirus Disease 2019](#) (online article)

Generations United: [COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families](#)

National Child Traumatic Stress Network : [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#) (PDF; [en español](#))

Talking to children about COVID-19

Boston Children's Hospital: [How to Talk to Your Children About Coronavirus](#) (video)

CDC: [Talking with Children about the Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#) (online article)

Zero to Three: [Tips for Families: Talking About the Coronavirus](#) (online article)

Child Mind Institute: [Talking to Your Children about the Coronavirus](#) (4-minute video; [en español](#))

Zero to Three: [Why are People Wearing Masks? Why are People Covering Their Faces?](#) (article)

Keeping kids busy and socially connected

The Atlantic: [How Parents Can Keep Kids Busy \(and Learning\) in Quarantine](#) (online article)

Louisiana State University: [Supporting Young Children Isolated Due to Coronavirus \(COVID-19\)](#) (PDF)

Zero to Three: [Five Tips to Make the Most of Video Chats](#) (online article)

Self-care for adults

CDC: Coronavirus Disease 2019 (COVID-19): [Manage anxiety and stress](#)

Zero to Three: [Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care](#) (online article)

Resources for educators and childcare providers

Child Care Aware of America: [Coronavirus: What Child Care Providers Need to Know](#) (online article)

CDC: [Coronavirus Disease 2019 \(COVID-19\): Guidance for School Settings Before and After an Outbreak](#) (online article)

CDC: [Resources for Institutes of Higher Education](#) (online article)

Head Start Early Childhood Learning & Knowledge Center: [Coronavirus Prevention and Response](#) (online article)

National Alliance to End Homelessness: [COVID-19: What state and local leaders can do for homeless populations](#)

U.S. Department of Education: [Addressing the Risk of COVID-19 in Schools While Protecting the Civil Rights of Students](#) (PDF)

U.S. Department of Education: [Questions and Answers on Providing Services to Children with Disabilities During the Coronavirus Disease 2019 Outbreak](#) (PDF)

Resources for communities, states, territories, and tribes

American Psychological Association: [COVID-19 and Psychology Services: How to Protect Your Patients and Your Practice](#) (online article)

CDC: [Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission](#) (PDF)

Child Trends: [As COVID-19 Spreads, Most States Should Have Laws that Address How Schools Should Respond to Pandemics](#) (online article)

National Association of Social Workers: [Coronavirus \(COVID-19\): Supporting Clients](#) (online article)

The Chronicle of Social Change: [Coronavirus: What Child Welfare Systems Need to Think About](#) (online article)

U.S. Department of Health and Human Services: [Information about COVID-19 for CCDF Lead Agencies: Relevant Flexibilities in CCDF Law](#) (online article)