



**WVU**MedicineChildren's

### **COVID-19 Parenting Resources**

- Covibook – *Mindheart* <https://www.mindheart.co/descargables>  
\*Social story for children about COVID-19 available in multiple languages
- Time to Come In, Bear: A Children's Story about Social Distancing  
[https://www.youtube.com/channel/UCanMFn8NM376FjqwURYC\\_Mw](https://www.youtube.com/channel/UCanMFn8NM376FjqwURYC_Mw)
- Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 - *National Child Traumatic Stress Network* <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- Children and Coronavirus Disease 2019 (COVID-19) - *Centers for Disease Control (CDC)*  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html>
- COVID-19 Advice for the Public - *World Health Organization (WHO)*  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- Substance Abuse and Mental Health Service Administration - *US Department of Health and Human Services* <https://www.samhsa.gov>
- 2019 Novel Coronavirus - *Healthy Children from the American Academy of Pediatrics*  
<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>
- Information about COVID-19 (Novel Coronavirus) - *Seattle Children's Hospital*  
<https://www.seattlechildrens.org/patients-families/covid-19-novel-coronavirus/>
- Coronavirus (COVID-19) - *Kids Health* <https://kidshealth.org/en/parents/coronavirus.html?WT.ac=p-feat>
- Parenting in the Time of COVID-19 - *World Health Organization (WHO)*  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>
- Positive Parenting and COVID-19: 10 Tips to Keep the Calm at Home - *Healthy Children from the American Academy of Pediatrics* [https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19\\_10-Tips.aspx](https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)
- Coronavirus: Psychological tips for children and adolescents' emotions - *HEMOT: Helmet for Emotions by the University of Verona* <https://www.hemot.eu/2020/02/28/public-health-emergency/>  
\*This resource is available in multiple languages
- Talking about Your Feelings (for kids) - *Kids Health* <https://kidshealth.org/en/kids/talk-feelings.html?WT.ac=k-feat>

- Caring for Children in Disaster - *Centers for Disease Control (CDC)* <https://www.cdc.gov/childrenindisasters/features/disasters-mental-health.html>
- Helping Children and Adolescents Cope with Disasters and Other Traumatic Events - *National Institute of Mental Health (NIMH)* <https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events/index.shtml>
- Kids and COVID-19: What Parents Should Know - *Yale School of Medicine* <https://medicine.yale.edu/news-article/22996/>
- COVID-19: What Parents Need to Know - *Stanford Children's Hospital* <https://healthier.stanfordchildrens.org/en/covid-19-what-parents-need-to-know/>
- How to Talk to Your Children about the Coronavirus - *Harvard Health Blog* <https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111>
- How to Talk with Kids about COVID-19 - *Stanford Children's Hospital* <https://healthier.stanfordchildrens.org/en/how-to-talk-with-kids-about-covid-19/>
- Talking to Children about COVID-19 (Coronavirus): A Parent Resource - *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://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)
- Talking to Children about the Coronavirus - *Child Mind Institute* <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

#### **Local Resources**

- COVID-19: What You Need to Know - *WVU Medicine* <https://wvumedicine.org/covid/>
- What You Need to Know about Coronavirus - *West Virginia University Health Sciences Center* <https://coronavirus.wvu.edu/>
- Monongalia County Health Department (304) 598-5100, <https://www.monchd.org/covid-19.html>

#### **Helplines**

- **WVU Medicine J.W. Ruby Memorial Hospital** has established a phone number for patients to call if they have respiratory or flu-like illness that they believe could be related to COVID-19. **Patients can call 304-598-6000, option 4, to speak with a staff member.**
- **West Virginia Child/Adult/Domestic Violence Abuse Hotline** 1-800-352-6513
- **Help4WV** 844-HELP4WV – Helpline for West Virginians struggling with addiction or mental health concerns, Available 24/7
- **West Virginia Circle of Parents Network** 304-595-7087 <https://teamwv.org/circle-of-parents-landing/>
- **National Alliance on Mental Illness**, Crisis Helpline: 800-950-6264 or Text NAMI to 741741 Available 24/7 <https://www.nami.org>
- **National Parent Helpline** 1-855- 4A PARENT (1-855-427-2736), *Hours of Operation: Monday through Friday 7:00 AM to 4:00 PM* <https://www.nationalparenthelpline.org/>
- **Parental Stress Line** 1-800-632-8188, Available 24/7 in all languages <https://www.parentshelpingparents.org/>
- **National Child Abuse Hotline** 1-800-422-4453
- **Crisis Text Line** Text START to 741741
- **Girls & Boys Town National Hotline** - Parenting and Child Mental Health Support, (800) 448-3000
- **National Hopeline Network** (800) SUICIDE
- **National Youth Crisis Hotline** (800) 442-HOPE (4673)
- **SAMHSA National Helpline** (800) 662-HELP (4357)