

Charter Community,

We recognize that this is a challenging time for families/caregivers and are offering the following resources to help address some common concerns, as well as provide some tools for helping families navigate challenges during this time. The National Association of School Psychologists, in the referenced [guide](#) and echoed by others in the field, offer the following thoughts for families:

- Stay calm, listen, and offer reassurance
- Monitor television viewing and social media
- Take time to talk with children
- Be honest and accurate
- Keep explanations age-appropriate
- Stay connected to school
- Maintain health and hygiene habits and know the signs and symptoms of COVID-19
- Be aware of children's mental health. (From NASP Online: [Helping Children Cope with Changes Resulting from COVID-19](#))

Please know that we are here to help. If you or your family need immediate assistance to address a crisis situation, please call 1-800-969-4357 or if you have safety concerns for you or your child, please call **302-762-6110** for New Castle County or **302-422-8058** for Kent & [Sussex Counties](#) , or the U.S. National Domestic Violence Hotline at 1-800-799-7233 and TTY 1-800-787-3224.

General Parent/Caregiver Support

Centers for Disease Control and Prevention: Managing stress during COVID 19:
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

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

National Association of School Psychologists: Resources (in multiple languages) supporting families and youth <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

American Academy of Child and Adolescent Psychiatry: Includes resources on supporting children, teens, and parents through COVID19
https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx

American Academy of Pediatrics: <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Offers-Parent-Tips-and-Resources-for-Dealing-With-Covid-19-and-Its-Stresses.aspx>
(includes resource [Positive Parenting & COVID19: 10 Tips to Keep the Peace at Home](#))

Mental Health America: COVID-19 family resources
https://mhanational.org/covid19?mc_cid=87f848e5b2&mc_eid=a04f4729e7##ForParents

Save the Children (includes tips for coping and activities for kids):
<https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources>

Prevent Child Abuse America (includes resources for supporting parents, teens, and children):
<https://preventchildabuse.org/coronavirus-resources/>

Common Sense Media (includes a range of suggestions for managing online time):
<https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic>

Why Try: [The Parent's Guide to Resilience](#) ("The purpose of this Parent's Guide is to help you increase resilience in yourself as well as in your children.")

The Clay Center for Young, Healthy Minds: [Self-Care for Resilience Resources](#)

The Family Dinner Project: [Pandemic 2020 Stuck at Home Guide to Food, Fun, and Conversation](#)

Be Strong Families: Including daily webinars for parent/caregivers to develop and maintain protective factors and other resources, also available in Spanish: <https://www.beststrongfamilies.org/covid-19-support>

California Surgeon General's Playbook: [Stress Relief During COVID-19](#)

California Surgeon General's Playbook: [Stress Relief for Caregivers and Kids During COVID-19](#)

New Jersey Department of Children and Families: [Tips for Families to De-escalate Tense Situations](#)

Podcasts:

- LifeKit from NPR: [Coronavirus and Parenting](#) (March 13, 2020)
- The Happiness Lab with Laurie Santos (Coronavirus Bonus): <https://www.happinesslab.fm/>

For Kids, A Comic Explaining Coronavirus:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Supporting Young children

PBS: <https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

Zero to Three (includes tips for parents): <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

First Things First: [Parenting in the Time of Coronavirus and Social Distancing](#)

Sesame Street Resources: [Caring for Each Other](#)

Supporting Adolescents

Your Teen Magazine: <https://yourteenmag.com/coronavirus>

[Quaranteenagers: Strategies for Parenting in Close Quarters](#) (article by Lisa Damour)

INCLUDE LIST HERE OF COMMUNITY BASED ORGANIZATIONS THAT ARE STILL DOING OUTREACH W YOUTH VIRTUALLY

Parenting Children with Special Healthcare Needs

Child Mind Institute: <https://childmind.org/coping-during-covid-19-resources-for-parents/>

- [Facebook Live video chats with expert clinicians \(10am and 4.30pm\)](#)
- [Remote evaluations and telemedicine](#)
- [Phone consultations for follow-up about Facebook Live events and other questions about the best way to manage kids at home](#)
- [Daily tips for parenting during the crisis, via email](#)
- **Comprehensive resources for parents on coronavirus topics**

American Academy of Pediatrics: [COVID-19: Information for Families of Children and Youth with Special Health Care Needs](#)

Other Parenting Support

Delaware WIC: <https://www.facebook.com/GetUpAndDoSomethingWIC>