

Parent Resources from BCA/WPS Counselors

Video recently provided by BCA/WPS Parent Association: "Parenting and Coronavirus Webinar"
<https://vimeo.com/397865257>

Harvard University: "Helping Children Cope with Coronavirus and Uncertainty"
<https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty>

National Association of School Psychologists: "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](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)

The National Child Traumatic Stress Network: Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease (Specific Reactions of Children According to Age Group at end of document):
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Child Mind Institute: "Talking to Kids About the Coronavirus"
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Anxiety and Depression Association of America: "How to Talk to Your Anxious Child or Teen About Coronavirus"
<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

Smart Social: "At-Home Educational Online Activities for Students and Parents" (Free worksheets to download/print, read aloud stories, free live streaming classes & activities, virtual field trips, brain breaks, movement breaks):
https://smartsocial.com/online-activities/?utm_source=Smart+Social+Mailing+List&utm_campaign=ca47a6e469-More+Educational+Activities+and+Rahban+Podcast&utm_medium=email&utm_term=0_40b34a3ccb-ca47a6e469-196104989&mc_cid=ca47a6e469&mc_eid=c1a8a51460

Enjoyable activities for young children: "100 Activities To Do At Home During School Closures"
<https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/>

Common Sense: "Resources for Families During the Coronavirus Pandemic"
<https://www.common SenseMedia.org/resources-for-families-during-the-coronavirus-pandemic>

Mindful coloring pages: <http://the-magic-roundabout.com/>

Mindful breathing: <file:///C:/Users/annac/Downloads/MindfulnessBreatheBoards.pdf>

King County Public Health Updates:
<https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/schools/closures.aspx>