COVID-19 Mental Health Toolkit

Top 10 Tips for Parents & Caregivers during the Coronavirus Pandemic

Presented by:
Top 10 Tips for Parents

Sources:

Top 10 Tips

1. **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 children, parents, caregivers, and families.

2. **SELF CARE.** Be aware of your own stress levels. Keep your stress in check. Parents need to know you are there and will help make sure children are in a safe and healthy environment.

3. **ROUTINE and structure are your children’s best friends.** Involve children in creating their daily or weekly schedules that include hygiene, earning, reading, exercise, play, and mindfulness activities such as yoga or meditation. Model relaxation techniques like reading a book or a watching a movie.

4. **FAMILY TIME.** Spend quality time with your family. Children need to feel connected. Involve kids in playing board games, cards, checkers, and trivia games. This can help kids feel secure while learning, reading, exercise, play, and mindfulness, and nutrition appropriate information.

5. **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 worries and anxiety.

6. **USE THE WEB RESPONSIBLY.** There are many online resources for kids and mindfulness activities such as yoga. Teach children about social distancing by writing cards and calling FaceTiming friends and loved ones.

7. **Mental Health Toolkit.** Be accessible. Children need their parents the chance to give age-appropriate information. Teach children about isolation and social distancing by writing cards and making crafts. Involve children in their fears. This provides earning, reading, exercise, play, family time.

8. **FAMILY TIME.** Play board games, cards, checkers, and trivia games. This can help kids feel secure while learning, reading, exercise, play, and mindfulness, and nutrition appropriate information.

9. **ENCOURAGE children to ask questions and talk about their fears.** This provides earning, reading, exercise, play, family time.

10. **ENSURE children know you are there and will help keep yourself and the family well.** Getting help and information to help maintain the mental wellness of children, parents, caregivers, and families.

**Ohio Department of Health**

**Department of Mental Health and Addiction Services**

COVID-19 Mental Health Toolkit

Top 10 Tips for Parents & Caregivers during the Coronavirus Pandemic
1. **CHILDREN look to adults for guidance.** Keeping your stress in check can help manage kids’ worries and anxiety.

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

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.

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.

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.

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.

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.

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.

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.

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.
TIP 1

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

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**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*)

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**FOR CHILDREN WITH SPECIAL-NEEDS**
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)

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

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)
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)
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.

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

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

Tips for Staying Connected
(Prevent Child Abuse America)

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.

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**FOR INFANTS & TODDLERS**

- **Favorite Books for Families Facing Tough Times**
  *(ZERO TO THREE)*

- **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](http://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
**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)

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)
Visit *Groundwork Ohio’s* Resource Page for Families

**Tips for Families: Coronavirus**
*(ZERO TO THREE)*

**Additional Resources for Children with Special Needs**
*(OCALI)*

**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)*

**Support for Families During the COVID-19 Crisis**
*(OCALI)*

**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)*