

Supporting Anxious Children Transitioning Back to School during COVID-19

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CUCARD-W: COLUMBIA UNIVERSITY'S CLINIC FOR ANXIETY AND RELATED
DISORDERS – WESTCHESTER, NY



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Children's Response to Long-Term Stress

Dandelion



Orchid



Anxiety: "What if this happens?"

Me: "But it won't."

Anxiety: "But what if it does?"

Me:



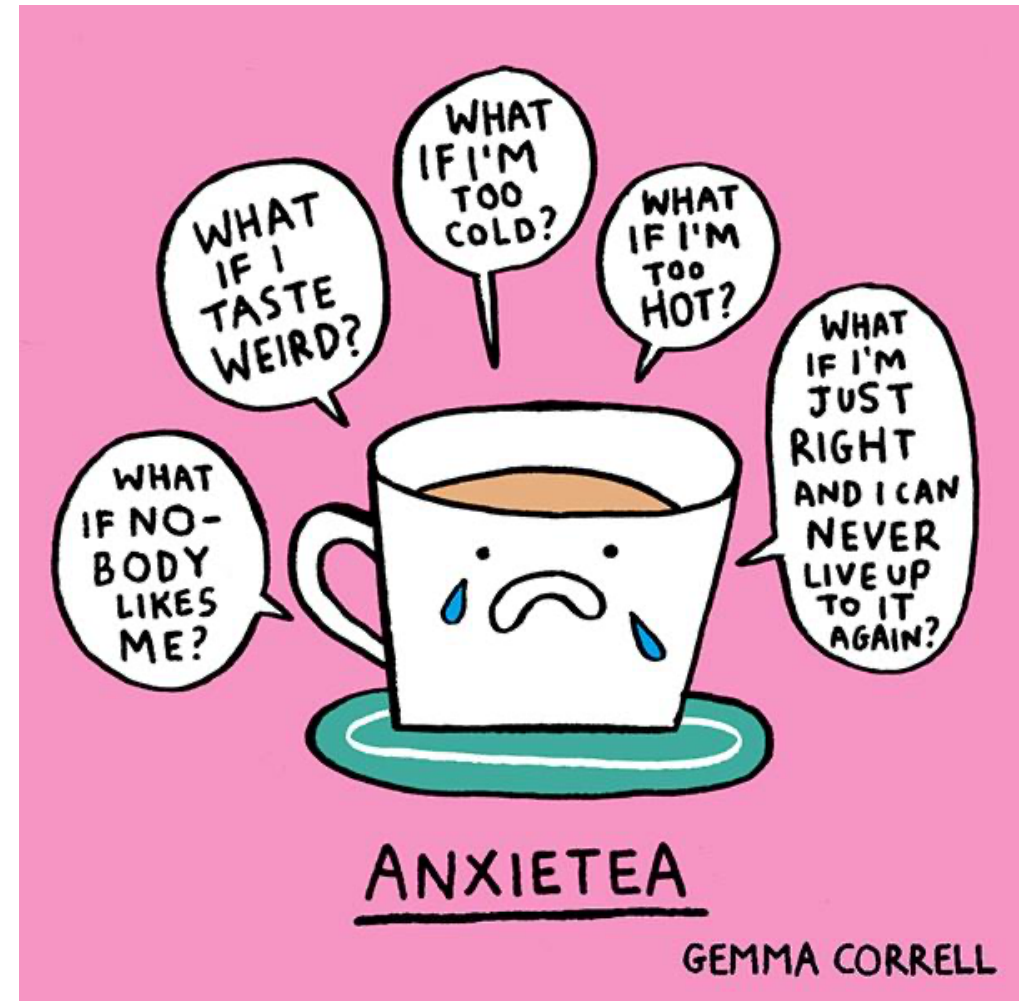
What is Anxiety?

- Feelings of nervousness and fear in anticipation of an event
- Anxiety is universal
- Anxiety is often adaptive

- Over-sensitive anxiety systems - False alarms

When Does Anxiety Become a Disorder?

- When it leads to **avoidance** of important situations or life events
- When it causes **impairment** in areas of functioning
 - Academic
 - Social
 - Family/home
- When it causes significant **distress**
- Identifying signs of anxiety?



Seeking Professional Mental Health Help

- Resources within the school and referred by the school
- Insurance company - in-network providers
- Organizations have a “Find a Therapist” service
 - American Psychological Association
 - Psychology Today
 - Association for Behavioral and Cognitive Therapies



Take Care of Yourself First

ADDRESS YOUR ANXIETY SO THAT
YOU CAN COMMUNICATE
CONFIDENTLY WITH YOUR CHILDREN

- Keep things in perspective
- Get the facts
- Keep yourself healthy
- Use practical ways to relax
- Pay attention to your body, feelings, and spirit
- Focus on the positive
- Focus on what you can control



Listen and Validate

Express that you know a task or situation is difficult

Empathize, pause, and listen with curiosity

"I get that connecting to class virtually is really tough for you."

"I know that pit of the stomach feeling when you're stressed about something."

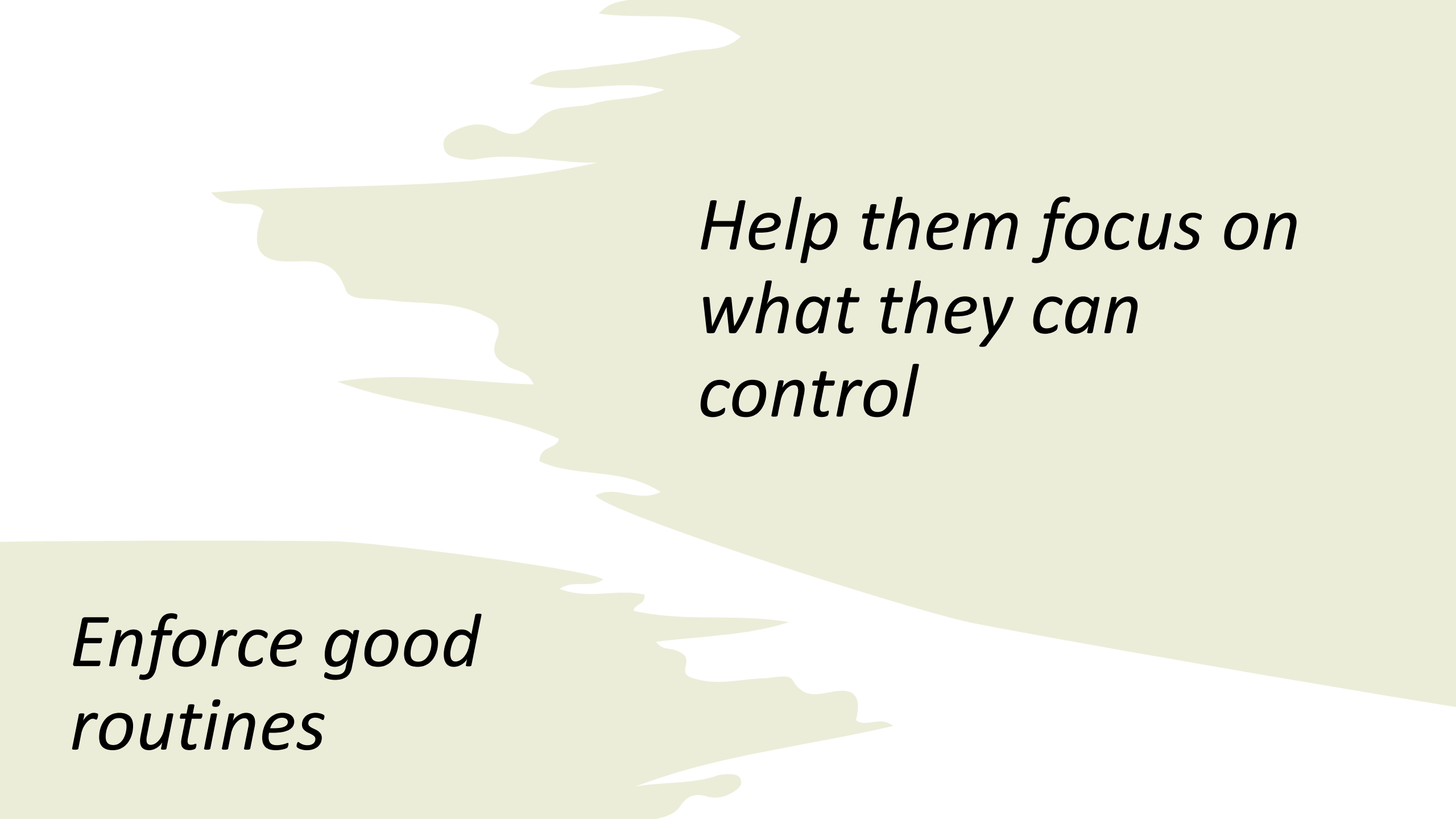
"It's okay that you're feeling nervous about your first day of school"

Family Accommodation of Anxiety

Well-meaning parents get sucked into the negative cycle of anxiety.

*They give in and make too many accommodations for their child and
let their children escape challenging situations.*

*Unfortunately, when anxiety-provoking situations are avoided, anxiety
will grow and lead to other mental health difficulties.*



*Help them focus on
what they can
control*

*Enforce good
routines*

Be a Coping Model!

Coping Model = modeling that we all experience anxiety and sometimes struggle to manage it effectively

Helps children understand that they are not alone in experiencing anxiety

- What are anxiety-provoking experiences you can share with your children?
- Experiences of failure?
- Saying “I don’t know”
- Don’t share your anxiety about what you believe your children are not capable of, but validate and normalize their expressed feelings

i say 'no worries' a lot for a person that is full of worry

Anonymous asked:

What state do you live in?



taur answered:

constant anxiety



taur

181,933 notes Oct 5th, 2017

boredpanda.com

An illustration of a family of four relaxing on a yellow sofa in a living room. A woman with red hair is sitting on the left, holding a mug. A man with a beard is sitting on the right, holding a child. A small child is sitting between them. In the foreground, there is a small table with a teapot and cups. The background features a large abstract painting and a hanging lamp. The illustration is cut out from the right side of the slide, revealing the text area.

Incorporate Relaxing Activities Into Your Family's Regular Schedule

- Model that self care is important, reduce “busyness” glorification
- **Model how to manage stress in your own life**

- Family Game Night
- Reading before bed
- Mindfulness exercise?
- Time to just talk with parents
- Minimize yelling or anxiety shaming



Managing Stress & Anxiety at Home

Recognize
that your
child's distress
is genuine

Encourage
bravery-
based
behaviors
and model
them yourself!

Make
yourself
available
to listen

Be sensitive
and
validate
your child's
concerns

Practice Bravery-Based Behaviors Gradually

- Take time now to prepare for the school year

Kids must learn how to be next to each other while maintaining a safe distance

- Go to a school-like setting and practice (e.g., library)
- Ensure that your child understands protection guidelines (by focusing on what they can control, not eliciting fear)
- Practice advocacy and protection
- Tour

Positive Reinforcement for Facing Fears

- Providing intangible and tangible reinforcers for behavior associated with facing fears
- **Intangible Reinforcers:** Praise, Social activities, Preferred activity
- **Tangible Reinforcers:** Reward earned at home or school
- **People work harder for reward than to avoid punishment!**





Increase excitement about return to school!

- Talk often about the exciting things to look forward to
- Meeting kind teachers
- Find out who will be in their class
- Back to school shopping
- Be careful not to express your worries or concerns about the new school format in front of your child

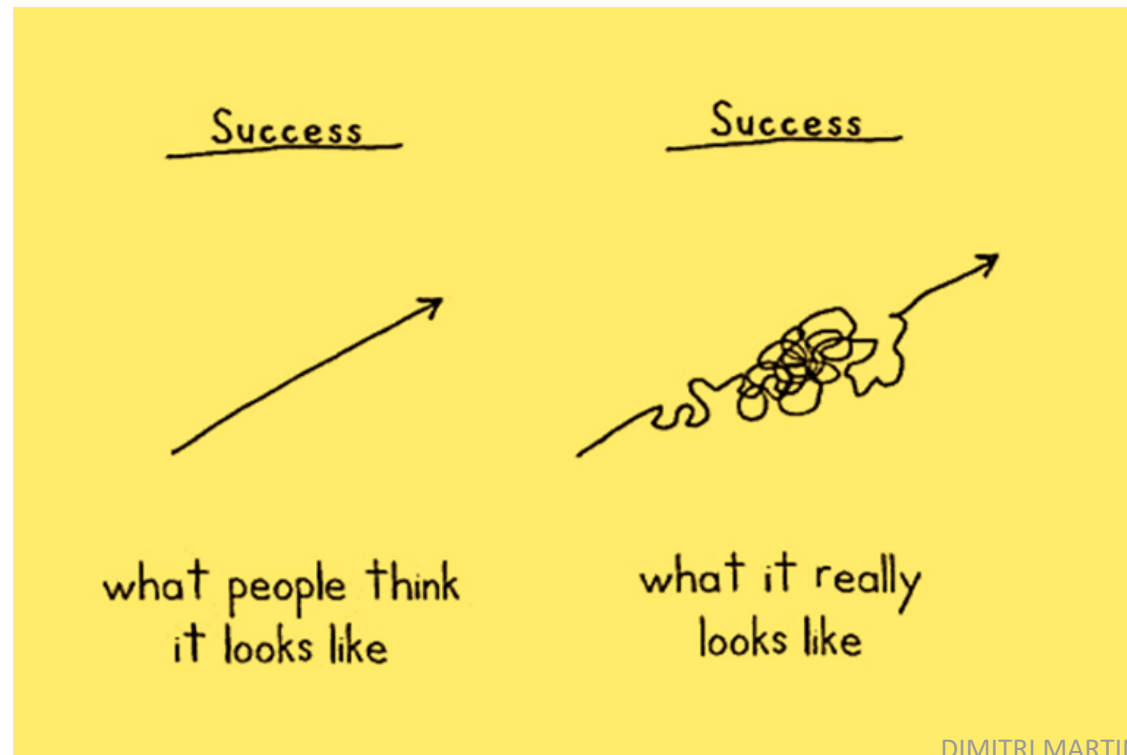


Keys of Behavior Change

- Experiential learning is key – **we learn by doing**
- Behaviors change first, then thoughts/feelings
- We can restructure thoughts/feelings to motivate willingness to change behaviors
- **Tie going to school to their values!**
- Use appropriate prompts: “What would you in five years tell you today about this situation?” “How will you feel about yourself afterwards if you keep sitting home vs if you go to school?”
- **Reinforcers/contingencies** – catch them being “good”

Have Confidence in Yourself

You have trained for this the entire time you've been a parent/
school staff member!





Resources

Seeking Professional Mental Health Help

American Psychological Association: Therapist locator tool	https://locator.apa.org/
Psychology Today: Therapist listings and locations	https://www.psychologytoday.com/us/therapists
Association for Behavioral and Cognitive Therapies: Therapist locator tool	https://www.findcbt.org/FAT/
American Psychological Association: Article from APA's Magination Press (book publisher) about how to find a therapist for your adolescent	https://www.maginationpressfamily.org/stress-anxiety-in-kids/anxiety-therapy-guide-for-teenagers/
Washington Post: Helpful guide that describes how to know if you need assistance, how therapy or medication can help, different types of therapists, different types of therapy, how to find the right therapist, accessing lower cost treatment, and free hotlines that connect you to therapeutic care	https://www.washingtonpost.com/lifestyle/wellness/finding-therapy-coronavirus-stress-anxiety-anger/2020/04/25/4c00dd3c-866d-11ea-a3eb-e9fc93160703_story.html
Vox: Another useful article about how to navigate the process of finding therapy and setting up telehealth appointments	https://www.vox.com/identities/2020/4/7/21207281/coronavirus-covid-19-how-to-find-a-therapist

Crisis Resources

Some symptoms require immediate emergency care. If you, your child, or someone you know is thinking about harming themselves or attempting suicide, seek help right away:

CALL 911 OR GO TO THE
NEAREST EMERGENCY ROOM
IF THERE IS AN EMERGENCY

National Suicide Prevention
Hotline: 1-800-273-TALK (1-800-
273-8255- Available 24/7)

“Re-entry” Anxiety Guides

Time: Article on “How to Soothe Your 'Re-Entry Anxiety' as COVID-19 Lockdowns Lift”	https://time.com/5850143/covid-19-re-entry-anxiety/
Psychology Today: Article, “How to Plan Re-entry in New COVID-19 World”	https://www.psychologytoday.com/ca/blog/how-healing-works/202005/how-plan-re-entry-in-new-covid-19-world
Psychology Today: Dr. Sharon Saline’s article, “Uncertain and Anxious About the Fall: Opt for Curiosity and Ease Your Worrying”	https://www.psychologytoday.com/ca/blog/your-way-adhd/202007/uncertain-and-anxious-about-the-fall
Anxiety Canada: “Returning to a New Normal: 12 Tips for Handling Uncertainty”	https://www.anxietycanada.com/articles/returning-to-a-new-normal-12-tips-for-handling-uncertainty/

Modeling Bravery for Your Children

Anxiety and Depression Association of America (ADAA): Article on how to raise brave kids

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/anxious-parents-can-raise-brave-kids>

Validating Emotions

McLean Hospital: Video by Dr. Coyne that discusses ways to validate fearful emotions in adults and children. She also discusses how to reframe anxiety with kids.	https://www.mcleanhospital.org/video/dr-lisa-coyne-shares-coping-strategies-families-during-covid-19
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Sleep

National Sleep Foundation: Sleep guidelines during COVID-19 pandemic	https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation
National Sleep Foundation: How much sleep we need	https://www.sleepfoundation.org/articles/how-much-sleep-do-we-really-need
McLean Hospital: In a video, Dr. Palmer discusses the relationship between sleep, diet, and stress and strategies to improve mental health	https://www.mcleanhospital.org/video/dr-chris-palmer-shares-strategies-help-us-strive-mental-and-physical-wellness
National Sleep Foundation: Sleep guidelines for children	https://www.sleepfoundation.org/articles/children-and-sleep
National Sleep Foundation: How to help a child with school anxiety sleep well	https://www.sleepfoundation.org/articles/how-help-child-school-anxiety-sleep-well
What to Do When You Dread Your Bed: Book to help with children's sleep behaviors (getting out of bed repeatedly, separation anxiety, improving sleep hygiene)	What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep by Dawn Huebner (Amazon link)

Diet

World Health Organization: Recommendations for maintaining a healthy diet	https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome--healthy-diet
McLean Hospital: Video describing the link between mental well-being and diet	https://vimeo.com/434528721
New York State: Guide to Healthy Eating and Active Living in NYC	https://www1.nyc.gov/assets/doh/downloads/pdf/cdp/healthy-eating-active-living-guide.pdf
New York State: Keep On Track: Simple Steps to a Healthier Lifestyle	https://www1.nyc.gov/assets/doh/downloads/pdf/cdp/kot-simple-steps.pdf
New York State: Building a Healthy Plate	https://www1.nyc.gov/assets/doh/downloads/pdf/cdp/kot-plate-planners.pdf
American Society for Nutrition: Guide to Making Health and Nutrition a Priority During the Coronavirus (COVID-19) Pandemic	https://nutrition.org/making-health-and-nutrition-a-priority-during-the-coronavirus-covid-19-pandemic/

Exercise

Scripps Medical Center: Offers resources for a variety of workout types, including yoga, weight training, and running	https://www.scripps.org/news_items/6936-exercising-during-covid-19-pandemic-you-have-options
CNBC: Article that includes creative options for online at-home workouts and links to YouTube workout pages	https://www.cnn.com/2020/04/06/free-workout-exercises-at-home-while-social-distancing-coronavirus.html
Yoga With Adriene: Free YouTube yoga videos of varying lengths, styles, difficulties, and focus areas, including yoga for beginners.	https://www.youtube.com/c/yogawithadriene/featured
FitnessBlender: A wide variety of free exercise videos, ranging in difficulty and equipment required. Workout options include yoga, jump-rope, bodyweight high-intensity, resistance band, and weight training, among others.	https://www.fitnessblender.com/

Social Support

American Psychological Association: Psychologists offer insights on how to separate yourself from others, while still getting the social support you need	https://www.apa.org/practice/programs/dmhi/research-information/social-distancing
Mayo Clinic: Article on maintaining human connection in time of social distancing	https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/maintaining-human-connection-in-time-of-social-distancing

Learning Disabilities

Learning Disabilities Association of America (LDA): The snowball effect of COVID on children with learning disabilities and anxiety	https://ldaamerica.org/lda_today/the-snowball-effect-of-the-coronavirus-on-children-with-learning-disabilities-and-anxiety/
Child Mind Institute: How to set priorities this school year: What to do when you can't do it all	https://childmind.org/article/how-to-set-priorities-this-school-year/

Grief and Loss

Children's Hospital Los Angeles: Several resources for supporting grieving students during a pandemic	https://www.schoolcrisiscenter.org/resources/covid-19-pandemic-resources/
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Relaxation Strategies (by age)

Younger Children	
PBS Kids: Daniel the Tiger teaches deep breathing	https://pbskids.org/video/daniel-tigers-neighborhood/2365903495
PBS Kids: Daniel the Tiger sings a calm down strategy song	https://pbskids.org/video/
PBS Kids: Elmo practices belly breathing	https://www.youtube.com/watch?v=_mZbzDOpylA
PBS Kids: Esme and Roy practice belly breathing	https://pbskids.org/video/esme-roy/3032584660
PBS Kids: Esme and Roy show how to use a Glitter Jar	https://pbskids.org/video/esme-roy/3032578680
PBS: Article about how mindfulness can help kids with emotions	https://www.pbs.org/parents/thrive/how-mindfulness-can-help-kids-and-parents-weather-emotional-storms
Cosmic Kids Yoga: Peace Out Guided Relaxation for Kids videos	https://www.youtube.com/watch?v=XAgUMTexJV&list=PL8snGkhBF7njO0QvtE97AJFL3xZYQSGh5
University of Washington: Relaxation script including detailed descriptions to read aloud to children while working on muscle relaxation	https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Emotion%20Regulation%20Skills/Client%20Handouts/Relaxation/Relaxation%20Script%20for%20Younger%20Children.pdf
Children's Hospital of Pennsylvania: Guided relaxation exercises for kids	https://www.chop.edu/health-resources/guided-relaxation-exercises
Mayo Clinic: Bubble Blowing Exercise	https://www.youtube.com/watch?time_continue=12&v=fVNC2ERq3do&feature=emb_logo
University of South Florida: Tucker Turtle Story demonstrating mindfulness skills and applications	https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story.pdf

Relaxation Strategies (by age)

Older Children and Adolescents	
Common Sense Media: A list of apps for kids and families to help visualize peaceful settings, align your breath with yoga poses, or focus on what you're grateful for	https://www.common sense media.org/lists/meditation-apps-for-kids
Headspace: In addition to the Headspace app, the Headspace YouTube channel offers meditations and quick calming videos, such as watching a cake decorator, or objects being arranged.	https://www.youtube.com/user/GetSomeHeadspace
Interactive visualization activity that helps to put worries in perspective	https://www.pixelthoughts.co/#
TherapistAid: Grounding Technique worksheet	https://www.therapistaid.com/worksheets/grounding-techniques.pdf
Dartmouth College Wellness Center: Audio recordings of mindfulness, deep breathing, guided imagery, etc.	https://students.dartmouth.edu/wellness-center/wellness-mindfulness/mindfulness-meditation/guided-audio-recordings
The Center for Parent & Teen Communication: YouTube page provides a playlist of videos made by teens about how to develop stress management plans	https://www.youtube.com/watch?v=xikl-LZVi-0
BellyBio Breathing: A free Apple app that uses phone motion sensors to measure and provide feedback on breathing depth	https://apps.apple.com/us/app/bellybio-interactive-breathing/id353763955
University of Texas: MindBodyLabs site includes audio recordings of breathing exercises, guided imagery and relaxing sounds	https://cmhc.utexas.edu/mindbodylab.html
Happify: A fun animated video, "Meditation 101 - Learn How to Meditate in Our Beginner's Guide"	https://www.youtube.com/watch?v=rqoxYKtEWEc

Relaxation Strategies (by age)

All Ages and Family Resources	
Anxiety Canada: A how-to for progressive muscle relaxation	https://www.anxietycanada.com/parenting/how-do-progressive-muscle-relaxation
McLean Hospital: Ideas about how to practice mindfulness as a family	How Mindfulness Helps Families Cope With Stress
McLean Hospital: Video by Dr. Rosmarin about unlocking inner peace during turbulent times	https://www.mcleanhospital.org/video/dr-david-h-rosmarin-helps-us-unlock-inner-peace-during-turbulent-times
McLean Hospital: Video that allows you to follow along for 10 minutes of yoga and relaxation	https://www.mcleanhospital.org/video/feeling-stress-covid-19-follow-along-10-minutes-yoga-and-relaxation
Anxiety Canada: Muscle tense and release audio recording to help guide you through this practice	https://www.anxietycanada.com/articles/tense-and-release/
Mindful Schools: Mindful eating activity with prompts for group discussion after	https://www.mindfulschools.org/personal-practice/mindful-eating/
MindUp: Mindfulness activities for kids and families to enjoy together	https://mindup.org/activities-for-you-and-your-child-at-home/
Lists of children's books that incorporate themes of mindfulness	Picture Books That Introduce Mindfulness and Meditation to Kids
	Seven Mindful Children's Books
	21 Best Mindfulness Books for Kids
Moments a Day: Prompts for mindful coloring with kids	http://www.momentsaday.com/how-to-explain-mindful-colouring-to-kids/
American Psychological Association: A review of Meditation Apps for Adults	https://www.apaservices.org/practice/business/technology/tech-column/apps-tools-psychologists
HelpGuide: A variety of focused audio meditations	https://www.helpguide.org/home-pages/audio-meditations.htm
Rainbow Reach: Activity guides and worksheets for teaching relaxation skills to children of all ages	http://www.rainbowreach.com/relax.html

Routines

PBS: A guide to making a new home routine, which may come in handy as the new school year approaches	https://www.pbs.org/parents/thrive/schools-closed-how-to-make-a-new-home-routine
PBS: Article about the power of routines	https://www.pbs.org/parents/thrive/the-power-of-routines
The Lean Green Bean: Option for a flexible daily schedule	https://www.theleangreenbean.com/pre-kindergarten-daily-schedule/
Mommyhood 101: Adjustable daily schedule template	https://mommyhood101.com/daily-schedule-for-kids
Apple App Store: Visual timers	https://apps.apple.com/us/app/visual-countdown-timer/id541364004
	https://apps.apple.com/us/app/visual-timer/id1392401197
Google Play App Store: Visual timers	https://play.google.com/store/apps/details?id=com.ruleoffun.mrbomb
	https://play.google.com/store/apps/details?id=com.idea4e.TimeForKids
Seattle Children's Hospital: Template daily schedules	Early Education/Preschool Upper Elementary/Middle School : https://www.seattlechildrens.org/globalassets/documents/clinics/school-services/upper-elementary--middle-school-schedule.pdf High School : https://www.seattlechildrens.org/globalassets/documents/clinics/school-services/hs-resources-and-schedules.pdf

Screen Time

World Health Organization (WHO): Recommendations regarding screen time	http://www.emro.who.int/mnh/news/considerations-for-young-people-on-excessive-screen-use-during-covid19.html
Child Mind Institute: Tips and guidelines for managing screen time during the COVID-19 outbreak	https://childmind.org/article/screen-time-during-the-coronavirus-crisis/
NYTimes: opinion article about screen time	https://www.nytimes.com/2020/04/06/opinion/screen-time-kids-covid.html
PBS: Source for finding educational and age-appropriate screen time content and resources for kids	https://www.pbs.org/parents
Common Sense Media: Source for finding educational and age-appropriate screen time content and resources for kids	https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic
Media Smarts: Source for finding educational and age-appropriate screen time content and resources for kids	https://mediasmarts.ca/parents
Common Sense Media: Parental guides to popular games (for example, Minecraft)	https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-minecraft
Common Sense Media: Discussion of privacy and internet safety	https://www.commonsensemedia.org/privacy-and-internet-safety
Media Smarts: Guides for navigating different resources online (e.g., getting the most out of video games, helping kids deal with cyberbullying)	https://mediasmarts.ca/parents/find-resources?type_1%5b0%5d=guide
Common Sense Media: Guide to screen time in the age of COVID	https://www.commonsensemedia.org/blog/screen-time-in-the-age-of-the-coronavirus

Resources for Teachers to Manage Anxiety

The Happiness Lab: A podcast with COVID content	https://www.happinesslab.fm/
The Happiness Trap: Russ Harris' F.A.C.E. C.O.V.I.D. Video of how to Respond Effectively to the Coronavirus Crisis	https://www.youtube.com/watch?v=BmvNCdpHUyM
Yoga with Adriene: Free yoga videos of varying lengths, some including mindfulness tips	https://www.youtube.com/user/yogawithadriene/videos?app=desktop
American Psychological Association: A podcast, Speaking of Psychology covered "Managing Your Mental Health During COVID-19" with Lynn Bufka, PhD	https://www.apa.org/research/action/speaking-of-psychology/covid-19-mental-health
Mindfulness Clinic: A guide to using mindfulness for emotion regulation	https://www.mindfulnessclinic.ie/wp-content/uploads/2020/04/RESOURCE-CV19.pdf
The Career Psychologist: A COVID guide for "The Marginal Gains Handbook: Practical Ideas to Survive and Thrive in the Age of Coronavirus" by Dr. Rob Archer and Alex Jamieson	https://www.thecareerpsychologist.com/download/6546/
Virus Anxiety: Resources for anxiety and your mental health during a pandemic	https://www.virusanxiety.com/
The Yale Center for Emotional Intelligence: "Tips for You and Your School Community"	https://www.rulerapproach.org/managing-anxiety-around-covid-19/
Teach Starter: Teacher-oriented tips for managing school-related anxiety in the time of COVID	https://www.teachstarter.com/us/blog/managing-school-related-anxiety-for-teachers-returning-to-school-during-covid-19/
University of California, Berkeley's The Greater Good Science Center: "How Teachers Can Navigate Difficult Emotions during School Closures" by Dr. Amy Eva	https://greatergood.berkeley.edu/article/item/how_teachers_can_navigate_difficult_emotions_during_school_closures
National Educational Association: Guidelines for keeping your students and yourself physically and mentally healthy	https://educatingthroughcrisis.org/staying-healthy/

Other Useful Links

Children's National Medical Center: Helping kids deal with back to school anxiety	https://riseandshine.childrensnational.org/helping-kids-deal-with-back-to-school-anxiety/
Child Mind Institute: Tips for partnering with teachers in the new school year	https://childmind.org/article/tips-for-partnering-with-teachers-in-the-new-school-year/
Child Mind Institute: How to set priorities this school year: What to do when you can't do it all	https://childmind.org/article/how-to-set-priorities-this-school-year/
Child Mind Institute: Back to school do's and don'ts: Tips on navigating summer's end, especially for kids who are anxious	https://childmind.org/article/back-to-school-dos-and-donts/

Guides

Columbia Psychiatry: List of tips for parents on coping with COVID	https://www.columbiapsychiatry.org/news/tips-parents-coping-covid
Anxiety Canada: Resources for coping with COVID-19	https://www.anxietycanada.com/ https://www.anxietycanada.com/articles/returning-to-a-new-normal-12-tips-for-handling-uncertainty/
Hofstra University Anxiety & Depression Clinic: Evidence-based information and strategies to deal with anxiety and depression	http://psychrescue-covid19.com/
American Psychological Association (APA): APA posts articles and videos and other useful information about COVID-19 for psychologists, health-care workers, and the public that is continually updated	https://www.apa.org/topics/covid-19
American Psychological Association (APA): This APA page provides advice and guidance for parents and caregivers	https://www.apa.org/topics/covid-19/parenting-caregiving
Washington Post: Regular updates on guide on how to parent during COVID-19	https://www.washingtonpost.com/lifestyle/2020/03/14/parenting-tips-coronavirus/
Public Broadcasting Service (PBS): A variety of articles on raising kids who thrive, with many articles focusing on parenting children during a pandemic	https://www.pbs.org/parents/thrive/topic-emotions-self-awareness
Child Mind Institute: Resources and guides relevant to supporting parents and families during COVID-19 outbreak	https://childmind.org/coping-during-covid-19-resources-for-parents/
World Health Organization (WHO): Guides for Healthy Parenting during the pandemic (#HealthyAtHome)	https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---healthy-parenting
Greater Good Magazine: “Science-Based Insights for a Meaningful Life” by the Greater Good Science Center at UC Berkeley, and additional resources for COVID	https://greatergood.berkeley.edu/
National Educational Association (NEA): NEA provides guides and articles about “Educating Through Crisis”	https://educatingthroughcrisis.org/

Parent Resources

Videos, Webinar Series	
New York-Presbyterian Youth Anxiety Center: A free webinar series for young adults and their families about how to cope with a pandemic. Although the audience is intended to be for families with young adults, there is valuable information included that is useful for families with children of all ages and for families that will soon have young adults.	https://www.nyp.org/youthanxiety/for-families-and-patients/video-library/youth-anxiety-seminars
The Happiness Trap: Russ Harris' F.A.C.E. C.O.V.I.D. Video of how to Respond Effectively to the Coronavirus Crisis	https://www.youtube.com/watch?v=BmvNCdpHUYM
McLean Hospital: Webinar videos and articles available for families and people adjusting to life in the midst of COVID-19	https://home.mcleanhospital.org/covid-19-resources
Seattle Children's Hospital: Videos of panel discussions and webinars relating to parenting tips and coping skills during COVID-19	https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/supporting-mental-wellness-and-family-life-during-covid-19/
King's College London's Institute of Psychiatry, Psychology, and Neuroscience: A series of videos about how to maintain health and wellbeing during the COVID-19 pandemic.	https://www.kcl.ac.uk/ioppn/maintaining-health-and-wellbeing-during-the-covid-19-pandemic
National Health Service (NHS): Series of videos created by NHS practicing trainee clinical psychologists from University College London	https://www.copingwithcoronavirus.co.uk/self-help-guides

Parent Resources

Podcasts	
Parent Trapped: A podcast that brings in experts, educators, and celebrities to bring real-world stories and tips to help parents.	https://podcasts.apple.com/us/podcast/parent-trapped/id1510846733
The Happiness Lab: A podcast with COVID content	https://www.happinesslab.fm/
The Science of Happiness: A podcast presented by the Greater Good Science Center at UC Berkeley	https://greatergood.berkeley.edu/podcasts/series/the_science_of_happiness
COVID-Related Books for Children, Preteens, Teenagers, Families, and Adults	
Doing What Matters in Times of Stress: An Illustrated Guide: A stress management guide for coping with adversity. The guide aims to equip people with practical skills to help cope with stress. A few minutes each day are enough to practice the self-help techniques. Also includes audio exercises	https://www.who.int/publications/i/item/9789240003927
My Hero is You: A book written for children around the world affected by the COVID-19 pandemic, intended to be read by parents, caregivers, and/or teachers to children	https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf
Unstuck: Free workbook from the American Psychological Association for preteens and teens to help manage stress and anxiety, express emotions, and cultivate creativity and gratitude	https://www.apa.org/pubs/magination/unstuck-ebook.pdf

Parent Resources

Books and Other Resources

Resources for Child Anxiety (not COVID-related, but anxiety-related)	
You and Your Anxious Child by Anne Marie Albano, PhD & Leslie Pepper	This book helps you differentiate between anxiety disorders, guides parents on when and how to seek therapy, describes evidence-based therapies to help manage anxiety issues in children while addressing the emotional needs of parents.
Freeing Your Child from Anxiety by Tamar Chansky, PhD	This book teaches parents how to help their children with anxiety. It includes easy, fun, and effective tools for teaching children how to outsmart their worries and boss back their anxiety.
Something Bad Happened by Dan Huebner, PhD	This book is a kid's guide to coping with events in the news.
Things Might Go Terribly, Horribly Wrong: A Guide to Life Liberated from Anxiety by Kelly G. Wilson, PhD and Troy Dufrene	This book approaches the problem of anxiety a little differently than most. Instead of trying to help you overcome or reduce feelings of anxiety, it will help you climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make room in your life to breathe and rest and live — really and truly live — in a way that matters to you.
Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can by Ben Sedley	Stuff That Sucks offers a compassionate and validating guide to accepting emotions, rather than struggling against them.
Outsmarting Worry by Dawn Huebner, PhD	<i>Outsmarting Worry</i> teaches 9 to 13-year-olds and the adults who care about them a specific set of skills that makes it easier to face – and overcome – worries and fears.
What to Do When Mistakes Make you Quake by Claire Freeland, PhD and Jacqueline Toner, PhD	Book to help with perfectionism in kids
What to Do When Your Brain Gets Stuck by Dawn Huebner, PhD	Book to help with OCD
What to Do When Fear Interferes by Claire Freeland, PhD and Jacqueline Toner, PhD	Book to help with specific phobia
Worrywisekids.org: A website created by Dr. Tamar Chansky that includes comprehensive information on the full range of anxiety disorders in children and adolescents.	http://www.worrywisekids.org/
The American Psychological Association Magination Press Series: List of booksooks for helping children deal with a variety of issues (e.g., dealing with loss, developing calm routines, starting school, shyness). Every book includes a section for parents and caregivers written by a psychologist that provides the science behind the story along with practical tools and strategies that parents can use with their children.	https://www.apa.org/pubs/magination/new-releases?utm_campaign=apa_publishing&utm_medium=direct_email&utm_source=books&utm_content=scholarlybooksale_julypsycalert_07232020&utm_term=img_bottom_covers&page=2



Questions,
Comments?