



REHABILITATION & COMMUNITY  
PROVIDERS ASSOCIATION

# Email Blast

## Resources for Talking with Children, Youth, and Others About Coronavirus

Yesterday at the RCPA IDD Meeting, Dr. Cherpes mentioned a resource for talking with children about Coronavirus, and while he was careful to explain that he is not considering individuals with disabilities to be childlike, this resource does explain the information in easily understandable language that can be understood by all. He shared a [link](#) to the American Academy of Child and Adolescent Psychiatry's tips on speaking with children about COVID-19.

A member also shared this resource that you may find helpful as well:



## Resources for Talking with Children and Youth about Coronavirus

*FREDLA has compiled resources to help families support their children in through this difficult time.*

## Resources for Talking with Children and Youth about Coronavirus

The coronavirus has been upsetting to everyone. Our usual coping mechanisms of coming together in times of stress are now being discouraged and we are forced to keep our distance from each other. For families caring for a child, youth, or young adult with mental health needs, changes in schedules, not seeing friends, and worry about the possibility of getting sick may heighten anxiety.

FREDLA has compiled resources to help families support their children through this difficult time.

### **Child Mind Institute**

- **Supporting Kids During the COVID-19 Crisis: Tips for nurturing and protecting children at home**  
<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis>
- **How to Avoid Passing Anxiety on to Your Kids**  
<https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/>

### **Humanity Crew**

- **Video Talking to Kids About the Coronavirus**  
<https://www.facebook.com/HumanityCrew/videos/201670141106110/>

### **Child Traumatic Stress Network**

- **Parent Caregiver Guide to Helping Families Cope with the Coronavirus** <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-ch>
- **Guía de ayuda para padres y cuidadores para ayudar a las familias a enfrentar la enfermedad Coronavirus 2019 (COVID-19)**  
<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-sp>

### **Mental Health America**

- **Mental Health and COVID-19 Information and Resources**  
<https://mhanational.org/covid19>

### **SAMHSA**

- **Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak**  
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation031620.pdf>

### **PDF version of resources**

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**Pennsylvania Care Partnership**

303 Walnut Street  
11th Floor  
Harrisburg, PA. 17101

**We Are Social:**



We appreciate the partnership spirit that is arising amongst all in the community of caregivers. The sharing of information only helps us all be stronger and handle this crisis in the best manner possible.