COVID-19 resources for parents, caregivers and families

Updated April 3, 2020

Virtual sessions
- HCA will be supporting virtual sessions with parents in English and in Spanish. Check here for call and registration information.
- Partnership for Drug-Free Youth online support community for parents and caregivers
- Child Mind Institute Facebook Live video chats with expert clinicians and phone consultations

Online resources for parents and caregivers
- Start Talking Now website and Facebook page
- World Health Organization: Parenting in the time of COVID-19
- Answering your young child’s questions about Coronavirus
- Questions your toddler may ask about Coronavirus
- Supporting young children isolated due to Coronavirus
- Make time for Self-Care
- Parenting in the time of Coronavirus and social distancing
- Raising Kids Who Thrive: PBS Resources
  - Parenting during Coronavirus
  - How you and your kids can de-stress during coronavirus
  - Schools closed how to make a new home routine
  - 8 Indoor Activities to Release Kids Energy
- Common sense media - Resources for Families During the Coronavirus Pandemic - Navigate social distancing and school closures with quality media and at-home learning opportunities for your kids.
- COVID-19 fact sheet for grandfamilies and multigenerational families

Resources for youth
- You Can website, Facebook and Instagram
- Teen Link – a helpline for teens, by teens
- #TakeDownTobacco Digital Power Wall
• [Sources of Strength activities](#)
• National Institute of Drug Abuse for Teens: [Toolkit for Out of School Time](#)
• Washington State Department of Children, Youth & Families – [Strengthening Families coloring books](#)
• [A comic exploring the new coronavirus for kids](#) (tweens and teens)
• [Learning Links – 4-H and more!](#) (Grades K – 12)

**Staying connected virtually**

• [Five tips to make the most of video chats](#)
• Search Institute – [Building developmental relationships during the COVID-19 crisis checklist](#)
• [Separated from your young child?](#)
• [Staying connected while separated from your young child](#)