Coping with COVID-19
Supportive Resources for Parents

National Parent Helpline

- National Parent Helpline 1-855-4A PARENT

Family Resources

- Supporting Families During COVID-19

Helping Children Cope

- Children and Coronavirus Disease 2019 (COVID-19)
- Talking to Children About COVID-19 (Coronavirus)
- How to Talk to Your Kids About Coronavirus

At Home Activities

- A parent’s guide to surviving COVID-19: 8 strategies to keep children healthy and happy
- Indoor activities to keep the kids entertained during COVID-19 isolation

Parents with Newborns

- Tips for Coping with a New Baby During COVID-19

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