

## Resources for Parents

American Academy of Child and Adolescent Psychiatry

[Resources for Helping Kids and Parents Cope Amidst Covid-19](#)

National Association of School Psychologists

[Helping Children Cope with Changes Resulting from COVID-19](#)

Anxiety and Depression Association of America

[Coronavirus Corner – Helpful Expert Tips and Resources to Manage Anxiety](#)  
[10 Tips to Manage Re-entry Anxiety Related to the COVID-19 Pandemic](#)

The National Child Traumatic Stress Network

[Story book for talking to kids about COVID](#)  
[Answering kids questions about COVID](#)

The Institute for Disaster Mental Health

[Managing Stress in this Anxious Time](#)  
[Psychological First Aid and Stress Management](#)

[Greater Good Science Center at UC Berkeley](#) – lots of resources for wellness

[Center for Health Minds at UW Madison COVID Wellbeing Toolkit](#)

[Go Zen](#) – subscription based virtual anxiety reduction program for kids (5-15 y.o.)

Insight Timer app – free version has everything you need, type in parent or kid in guided meditations to find lots of options

Breathe Kids app (Stop Breath and Think)

[Self-compassion](#)

[UCSD Center for Mindfulness](#)

[FACE COVID](#) – acronym for shifting out of fear

[Rachel H Jacobs PhD](#)



well brain