

Horseheads Central School District

Resources from Our School Psychologists

How to talk to your kids about Coronavirus COVID-19 and resources to watch or read with them

Your children are used to a structured school day. Providing a daily weekday structure for your child with time set aside for schoolwork and outdoor play will be reassuring to them and help you all survive the time home together. This will be helpful whether you are home with your child or need to be at work. Opportunities for them to play board games or interactive games with you and their siblings also help provide opportunities for them to communicate their concerns and feel connected to you during this time. We wish you all a safe and calm journey through these times of uncertainty.

Should you have questions or need more resources, please feel free to call your school and ask for contact information for the school psychologist.

Information on How to Talk to Children about COVID-19

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192>

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Videos/Visuals (to watch or read with your child)

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

For Adults

https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR0DbDV-tcdNeSKkBCp2mCrgZiulyQfcUzNEUCDnanzw0EpX4AQZpA_c0dY