

Here is information on coping and about how to talk to children and teens before, during and after crises. This list of reputable resources is from our Surgeon General.

CDC - Helping Children Cope with Emergencies

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

National Association of School Psychologists - Talking to Children About COVID-19: 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://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)

New York Times – Talking to Teens and Tweens About Coronavirus

<https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>

National Public Radio (NPR) – Just for Kids: A Comic Exploring The New Coronavirus

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

Substance Abuse and Mental Health Services Administration (SAMHSA) – Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks

[https://store.samhsa.gov/system/files/pep20-01-01-006\\_508\\_0.pdf](https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf)

The National Child and Traumatic Stress Network

<https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/pandemic-resources>